

Brief Coaching Options

For a single issue (e.g., mental-emotional adjustment, back-on-track support, meeting a challenge that's just come up or won't go away), I no longer offer one or two sessions out of the blue. I've got three single-issue options to offer you instead.

I'm inviting you to the depths here, both in what you do on your own before session, and in what we can then do together. The early results of **using the self-reflection questionnaire** go far beyond the vision I had. **This strongly enhances the relevance of what we do together. Not only does it allow you to access your own knowing and authority, it ensures that we're in a coaching collaboration,** working together to optimize a kind and powerful process for your further healing and evolution.

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Tapered Trio: \$444

- You submit answers to the *self-reflection questionnaire*.
- We schedule a 1-hour session and set up payment.
- I respond to what you've written by email and/or voice, offering an assignment or practice to support your forward movement. This is a rich exchange that goes a long way to supporting what happens in session.
- We do the session.
- We have a takeaways exchange, which will include negotiation of homework or your clear articulation of what we agreed to in session.
- You're welcome to send the homework report before the next session if you like, or report in session. Obviously, you get more time if we do this outside of session.
- We meet for a 30-min session 1 or 2 weeks later (we'll determine timing in first session or during takeaways exchange).
- We have the takeaways exchange and new assignment of homework (could be continuation of same homework or new).
- 2 weeks later, we have a check-in.
- Optional closure: You can have a 15-min phone or Skype check-in anytime within a month if you fill out a *coaching reflection sheet* that allows you to take in more deeply and articulate for both of us what you gained from the coaching adventure. If you prefer another voice audio from me responding to your reflection sheet plus answering any follow-up questions, that's an option too.

Sliding-Scale Single-Session Sandwich (with substantial stuff on both ends of session): \$222, with scale sliding down to \$111. (I won't ask about where you place yourself on the scale, but please choose with \$222 in mind as the actual price and pay less according to your reality, not your comfort level.)

- You submit answers to the *self-reflection questionnaire*.
- We set up payment.
- I respond to what you've written by email and/or voice, offering an assignment or practice to support your forward movement. This is a rich exchange that goes a long way to supporting what happens in session.
- We schedule a 30-minute session to happen by phone or Skype in roughly 2 weeks.
- During that 2-week period, you're invited to do a check-in, perhaps at the midway mark.
- We do the 30-min session.
- We follow that with a takeaways exchange.
- Closure: You can have a 15-min phone or Skype check-in anytime within two weeks of that session if you fill out a *coaching reflection sheet* that allows you to take in more deeply and articulate for both of us what you gained from the coaching adventure. If you prefer another voice audio from me responding to your reflection sheet plus answering any follow-up questions, that's an option too.

No-session dialogue: \$77

- You submit answers to the *self-reflection questionnaire*.
- We set up payment and negotiate my response deadline within 3 days' time based on urgency and availability.
- I respond.
- Within a week of my sending the response, you send me musings and follow-up questions.
- I respond.
- At that point, we're done, but if you have something brief to say or ask, it's welcome.

Definitions & Elaborations

Takeaways exchange: Within 48 hours of our meeting, you send me an email stating what you got from the session, and I respond within 48 hours of receiving it. You can write more or less, in bullet points or paragraphs: what matters is the reflection and your letting me in on your process. It helps you to say back what's most relevant and alive for you as you assimilate what we did together, and it helps me to take it in. Please do not belabor these or allow them to create pressure. Be brief, if that helps (set a timer for 5 minutes!); be one-pointed (covering the main takeaway instead of all)—do whatever serves you to most effortlessly fulfill this part of our agreement. If you write more, I typically give a longer response—assuming I have more to say. If you include a question, I'll answer it. I may send a voice response.

Check-in: Either a 15-minute phone or Skype conversation or a written email from you—including update and any questions you may have—followed by a written or audio response from me. You're always welcome to send a brief takeaways email following a check-in.

About the *self-reflection questionnaire* (which follows on pages 6-7):

This will support your deeper reflection and give me information I need to help you stretch into the invitation in this situation. You'll take a stab at why you think this is here to grow you and consider what you do and don't know to do, what you've done already, where you feel you need support. This allows you to tune in to your own understanding, guidance, and authority. (You're welcome to provide your responses to the questionnaire by voice if you prefer. Read on.)

About the voice alternative to email:

I use vocaroo.com/ (a free online service).

About the *coaching reflection sheet*:

I strongly encourage you to fill this out before the deadline given in order to get the bonus check-in or session offered. I'll send you that document in my response to your last takeaways email. This will definitely increase the overall value of what you get. Not only does it give you more time with me, it also allows you to take in our process more deeply and to proceed more consciously from where it lands you. Bonus for me is that I get helpful feedback to keep serving you and others better.

Self-Reflection Questionnaire

Please read over these questions and answer at least 6 of them, with 1 and 9 being required. Copy the questions into an email or Google doc or any document you can attach to an email, answer those you choose, and send to me:

jaya@jayathetrustcoach.com.

Note that this does not require long answers, unless it serves you to write more. The point is the reflection—you tuning in to you, honoring your own knowing—plus all I gain from reading your thoughts that will serve me to respond to you in the most fitting way.

- 1. What's the current issue you need help with? What do you want to clear out? What do you want to bring in?**

- 2. What do you see as the invitation in this situation? That is, if a panel of angels had set this up for you to build a muscle, understand something more deeply, get a lesson down that you know you've been grappling with or ignoring—what is it? How is this all perfect for your healing and evolution?**

- 3. How have you dealt with this situation so far? Include both what does and doesn't seem to be working.**

- 4. What do you already know to do that you aren't applying?**

- 5. What do you feel baffled about in the application? Be specific about when and where you feel you can't apply what usually works or what you theoretically know to do.**

- 6. Where do you have good self-care in place as you move through this? Where are your self-care failures? Are you walking yourself through this kindly, talking to yourself in a supportive way?**

- 7. Where do you notice actual resistance, and what do you understand about your own resistance? Where do you have no clue what to do with this resistance?**

(Resistance can include fear, defensiveness, anger, frustration, even sadness—not feeling sad, but persisting in seeing what’s happening as sad by definition; any form of contraction; focusing on things you have no control over or are trying to control though they’re not actually yours to control; focusing on what’s wrong with you or judging yourself, so that you end up in a shame eddy and can’t move anything forward or see anything possible.)

8. How do you think this issue relates to your Enneagram type?

(<https://www.enneagraminstitute.com>; this link is provided especially for those already engaged with the Enneagram. Don’t even try to answer this question if you don’t know your type! Refer to this site if you want to look again and understand more about your type’s strategy. Reminder that the Recommendations for Growth all the way at the bottom of each type’s write-up are priceless and may further clarify the themes you’ve already been up against and working on your entire life.)

9. Please articulate what you want from me. How can I help? What do you most wish to get from my engagement and response?

Small Print (or 3 Invitations)

Note that there are no refunds if you don't fulfill the requirements to receive all parts of a package.

I invite you to meet the deadlines we set up or renegotiate them before they hit (or as soon after as your awareness allows). I do not consider reality to be a problem, so I invite you to communicate honestly and in a timely way about resistance or challenges. This will make it possible for us to effect a clear renegotiation based on the reality of what's actually happening. If we need to tweak timelines or alter the structures in any way to make this coaching collaboration work, I'm happy to do that.

I consider clear renegotiation to be very different from your simply dropping away or failing to meet deadlines without communicating with me about what's happening. For the latter, I always reserve the right to move to what's next in our process as opposed to making up missed pieces or going back in any way. I also reserve the right to declare our process complete despite incompletions, with no refunds.

If we drop parts you haven't shown up for or end the process early because you're not in communication with me within established deadlines, please don't imagine that I'll be mad at you, because I won't be. I'll be following our agreement and I'll be honoring your process beyond and outside of our coaching, and also your right to choice. If you're upset with yourself, you'll gain immeasurably from the whole experience by using it to learn self-forgiveness and kindness to yourself, and by looking for all the gains in what did pass between us. These will be many, because the Universe/your inner being is showering you all the time with guidance, signs and symbols, the meeting of your needs and fulfillment of your desires—in short, all that you need to heal and evolve, with no requirement that you do it perfectly or even well.

I invite you to get the most out of whatever you choose to do. The ideal is to use every part of this, but if you take a smaller portion, you could be deeply nourished by that.

For the record, I cannot overstate how much I love the privilege of serving other human beings through this work. My intention is to support you to be in the kindest, most effective process of self-growth. My work invites you to connect to your own guidance system and consciously step into creating the life that truly aligns with the whole of who you are. My vision for you is that you would live with embodied presence, know and honor your own heart, and question your thinking so that you can move through life wide open to each next revelation.