

"Hybrid" Couples Coaching

for humans who want to experience mature intimate relationships

FACT SHEET

I appreciate your interest in working with me. I put together this fact sheet to answer some of the questions you may have about how my coaching sessions work.

Each session will take place via Zoom (video optional). Sessions are private, and MP3 recordings are available upon request.

Hybrid Couples Coaching (four 90-minute calls/month), includes unlimited coaching and support between sessions (via Voxer).

My coaching style is conversational + supportive. I provide a safe space for you to fully express yourself while giving practical advice and a doable game plan to help you achieve your goals.

While there are several exercises that I take most clients through, every coaching experience is as unique as you are. Our exploration will be tailored to your specific needs and desires.

HOW IT WORKS

Step 1. Purchase your session(s).

Step 2. You will receive a welcome email from me in the next 24 hours. This email will include a link to schedule your session(s).

Step 3. Schedule your session and complete a brief-ish online questionnaire (this will appear in the scheduling portal); this will give me a sense of where you are and what you would like to accomplish.

Step 4. You will receive a copy of the coaching agreement (via DocHub) that outlines all the legalese under a separate cover.

Step 5. We meet via Zoom (video optional)—recording available upon request.

FINE PRINT

Coaching is not psychotherapy, counseling, or any other type of therapy and is not a substitute for these services. If you feel the need for professional counseling or therapy, it is your responsibility to seek a licensed professional who can provide these services. If I believe that such services would be valuable to you, I will recommend them.

If you are in a harmful situation or have thoughts about self-harm, please immediately get in touch with a trained professional. Here is a [list of phone numbers](#) that might be helpful.

POLICIES & PROCEDURES

PAYMENTS

Payments can be made through Stripe with Visa, Mastercard, or American Express.

Any changes in your financial situation should be discussed with the coach in advance.

PAYMENT PLANS

Payments plans are available on an as-needed basis. The first installment payments must be received within 24 hours of the first scheduled session.

Email me for more information.

PRIVACY POLICY

All coaching sessions and everything discussed therein are strictly confidential. No client information will be divulged without written permission from the Client unless required to do so by law.

If you choose to share your coaching experience with other people, you are free to do so. You determine the level and scope of your personal confidentiality.

CANCELLATION POLICY

If the client is more than 10 minutes late (without notice) to the start of a Zoom session, the session will be considered canceled, the cost of the canceled session will not be refunded. When given sufficient notice by the Client, all attempts will be made to reschedule without additional charges to the Client. Repeated cancellations will result in the termination of this coaching agreement and the Coach/Client relationship.

REFUND POLICY

Coaching fees are non-refundable, including unused sessions. However, unused sessions may be rescheduled or gifted to someone else (terms and conditions apply)

I believe in love and the transformative power of intimacy. I also believe that vulnerability is our most valuable resource and that communication is everyone's superpower (most of us just don't know it yet).

Relationship-ing is the one thing I want to master in this lifetime. And I am committed to helping you create and experience mature, healthy, fulfilling relationships.

If I missed anything or if you have any additional questions, please don't hesitate to reach out.

Best,

Stacey