

FREE ONLINE ONE HOUR COACHING SESSION



We offer our eLearning clients personal **coaching sessions online via Zoom/Skype**. These coaching sessions are designed to offer clients a **flexible appointment** from the **comfort of their own home or place of work**... These online sessions are for any Client wishing to deal with issues flowing out from doing the online eLearning. Because each session is specifically **tailored** around the Client and current challenges they are having.

Online Coaching Sessions are Confidential

Online coaching sessions are **confidential** with some benefits over traditional, face-to-face coaching. Clients who are unable to travel for whatever reason are able to enjoy the benefits of online sessions from the **comfort of their own home**. Online coaching is **perfect for busy professionals** who have tight schedules and people who **live in remote areas** far from a coaching office.

The popularity of **online coaching sessions** through **videoconferencing is increasing**. Many clients have said they prefer to have their sessions through Skype as it is **less stressful** and is done in a familiar place, as well as **saves both driving time and the cost of fuel**. Skype sessions are highly effective. In fact, research is showing that online coaching through videoconferencing is just as **effective as in-office sessions**.

Using Skype for virtual meetings consistently offer the **highest quality service**, it's **user-friendly**, and it's an application that most users are already **familiar** with.

Online Coaching Sessions | What to Expect

- After booking your **session**, an introductory email will be sent to you.
- Take the time to answer the questions with authenticity, and most importantly honesty. It's important that we are honest with ourselves during this process.
- Each Skype consultation will last up till an hour, it is very important that you bring your assignments to the session. Your results will be 100% dependent on you. If you want different results, you need to step out of the safe and secure.

How to set up an online coaching session:

1. Book a Skype online coaching session.
2. Please read the coaching terms before booking a session.
3. Download the latest version of Skype/Zoom for your computer (it's FREE!) and set up an account.
4. We will send you the Skype name as soon as we confirm your appointment.

How secure is Skype online coaching?

Skype online counseling is **very secure**. Skype video and chat uses **encryption technology**, which is the highest form of Internet security commonly available today. Essentially, if someone was able to intercept a message, they **would not be able to decipher** it because it is sent in a complex code.

What happens if we have technical problems with our online counseling call? Skype is not 100% reliable and very occasionally our session may be disrupted by a technical problem. If this happens and we are unable to restore our connection, I will ask you to call me to continue our session. I will make up any time we may lose in a session due to technical problems.

How do I pay for additional online coaching sessions?

With regard to paying with cash, when you make your online booking, you will have the choice to prepay for the session via **PayPal** or **EFT**. PayPal is the Internet's most trusted and used payment system available today. You don't need an account and you can pay with your credit card.

Consultation Terms

- Clients are entitled to **60 minutes no fee, no obligation** consultation.
- The normal length of each session is **45 minutes**. Should it be deemed necessary, *time may be extended at my discretion*.
- You have the right to terminate my services at any time.
- You have the right to question why I am proceeding in a particular way, or using a specific technique.
- You have the right to refuse to do anything I ask of you. This may include tasks/projects between sessions, answering questions, collaborating in exercises within the session.
- I view my position in our relationship as an **educator and process facilitator** to assist you in **connecting** with your own **internal resources** to resolve your challenges.

- As the process facilitator I will determine which processes or educational assets to use and when to apply such processes or education as I deem appropriate.
- As the client, it is your **responsibility to cooperate** with such processes and, to the best of your ability, **follow through with subsequent assignments**.

The above is to help facilitator and client mutually agree and negotiate well defined boundaries within the relationship. The agreement provides suggested basic essentials; the free 60 minute consultation is used to help the client fill in any missing detail. This will assist both facilitator and client to understand what is required and how to best formulate "well formed" outcomes for the preceding sessions.

I am looking forward in meeting you! - **Dr Mario Denton**