



DREAMNUTRIC™

# RESPONSIBILITIES & EXPECTATIONS

Insights into industry trends, client  
demographics, and demand.

# Our Coaching SESSIONS

We are excited to embark on this transformative journey with you, and we want to ensure that our coaching sessions are a rewarding and productive experience. Here's what to expect:

## Meeting Schedule:

We will convene for our coaching sessions regularly, typically on [day(s)] at [time] each [week/month]. This consistency will help maintain focus and momentum in achieving your goals.

## Preparation for Success:

To maximize our session's effectiveness, you will receive a pre-session/pre-call form to complete and return to me at least a day before our scheduled meeting. This form will serve as a starting point for discussions.

## Focused Exploration:

Our sessions will revolve around the action steps and goals identified in your personalized coaching action plan. However, your needs and interests are central to our work together. If you wish to explore a different aspect or topic, kindly provide your coach with 24 hours' notice to ensure we tailor our session accordingly.

## Monthly Reflections:

Every month, we will engage in a valuable reflection exercise. During this time, we will assess your progress, celebrate your achievements, and identify areas for growth. Your feedback is invaluable in refining our coaching approach and ensuring that our sessions are tailored to your evolving needs.

## In-Between Sessions:

The time between our sessions is equally important as the time we spend together in sessions. You will actively engage in implementing the strategies and action steps outlined in your coaching action plan. Consistent effort during this period is key to achieving your wellness goals.

## Open Communication:

We are here to provide guidance, support, and a safe environment for exploration and growth. Our coaching journey is a collaborative endeavor, and we are dedicated to helping you unlock your full potential. Don't hesitate to reach out to your coach with questions or concerns between sessions.

**Your success is our top priority, and we eagerly look forward to each session as a chance for positive transformation. Together, we'll navigate this journey toward a more fulfilled, purposeful you.**

# Coaching Success GUIDELINES

## Expectations of the Coach:

As your dedicated life coach, we are committed to providing you with the best possible support and guidance throughout your journey. Here's what you can expect from us:

- **Expert Guidance:** Our team of experienced professionals is here to offer expert guidance tailored to your unique needs and goals. We're committed to helping you every step of the way.
- **Personalized Solutions:** We understand that everyone's path is different. That's why we offer personalized solutions that align with your aspirations and challenges. Your success is our priority.
- **Clear Communication:** Open and transparent communication is vital to us. We'll keep you informed, answer your questions, and provide regular updates to ensure you're always in the loop.
- **Supportive Community:** You're not alone on this journey. Join our supportive community of like-minded individuals who share your goals. Together, we'll inspire and motivate one another.
- **Continuous Improvement:** We're dedicated to continually improving our services. Your feedback is invaluable in helping us enhance our offerings and ensure your satisfaction.



# Coaching Success GUIDELINES

## Expectations of the Client:

As your dedicated life coach, we are committed to providing you with the best possible support and guidance throughout your journey. Here's what you can expect from us:

- **Open Communication:** Keep the lines of communication open. Share your goals, challenges, and questions with us. The more we know, the better we can support you.
- **Commitment to Growth:** Embrace the process of growth and change. Be open to trying new approaches and techniques that can help you reach your goals.
- **Consistency:** Success often comes from consistent efforts. Stay committed to the strategies and plans we develop together, even when faced with setbacks.
- **Honesty and Feedback:** Provide honest feedback about your experiences and coaching progress. Your insights are invaluable in tailoring our support to your needs.
- **Accountability:** Take ownership of your journey. Be accountable for your actions and decisions and use our guidance to stay on track.
- **Active Participation:** Engage actively in the process. Attend sessions, complete assignments, and actively participate in our community.



# EMBRACING THE JOURNEY OF GROWTH.

Your responsibilities as a client are not about perfection but about embracing commitment, honesty, and a willingness to fully engage in the coaching journey. Growth is a process that unfolds over time, and it's natural to encounter challenges along the way. What matters most is your openness to explore new perspectives, to take actionable steps, and to approach each session with curiosity and dedication.

Together, we'll work to build a meaningful and supportive coaching experience that's uniquely aligned with your personal goals and aspirations. By embracing these responsibilities, you're investing in yourself, your potential, and your vision for a fulfilling life.

This commitment sets the stage for lasting change, helping you not only reach your current goals but also develop the skills and resilience to continue thriving long after our coaching journey ends.

