

# RACHEL CAMFIELD

transformational coach, writer, speaker, lifestyle entrepreneur

## *Participant Agreement*

Welcome! I am looking forward to having you in my free four-week group. Please read this information carefully.

### *Participation*

Your participation is valued. Since you requested to be a part of this group, please respect all exercises and invitations to add your voice and be a part of the coaching experience. If at any time you do not wish to be part of the group or do not have the bandwidth to participate to the capacity you desire, please unsubscribe and remove yourself from the Facebook group so that the conversation remains intimate and intentional. There are no hard feelings here; part of personal transformation is discovering, knowing, and owning your boundaries.

### *Group Guidelines*

These simple guidelines have been developed to help break several cultural patterns including a propensity to fix things, a tendency to connect on the negative in many situations ("Isn't the rain terrible?"), the impulse to cross talk and the common use of sweeping generalizations that often negate our individual experiences.

These guidelines give each participant the assurance of acceptance and the freedom to be herself: (Applicable in group calls and in comment sections and threads) 1. One person speaks at a time. 2. Pay complete attention. 3. Listen respectfully and non-judgmentally. 4. No advice giving. 5. No put-downs of yourself or others. 6. Speak from your own experience. 7. All personal information shared within the group is strictly confidential, never to be brought up again, except by the speaker, if and when, she chooses. 8. Commit to consistent attendance and participation.

### *My Coaching Practice*

My coaching practice is designed to simplify and elevate your life experience and/or brand. In my work, I assume the responsibility of understanding and evaluating your current experience and helping you develop a holistic strategy to reach your desired transformation and awareness. However, in order to fully step into my role as your coach, I expect your preparation and decision to take the necessary steps to succeed, as well as taking personal responsibility for your plan, its implementation, and to contact me when you need additional support and direction.

### *Confidentiality Policy*

Confidentiality is very important to me. I will keep all information exchanged between us during the group confidential. I will not disclose any information that you share with me during the group to anyone else unless: (1) they have a legitimate reason to know such information as a member of my team or staff, (2) when required by law, or (3) you have given me prior written

permission. In addition, due to the nature of group coaching, you are required to keep all content and information shared by others and within the group confidential.

### *Scheduling Appointments*

If you are not a current client, please use the form and schedule you appointment to speak with me at <http://www.rachelcamfield.com/private-coaching/>.

### *Disclaimer*

Coaching is designed to give you accurate and authoritative information with regard to the subject matter covered. This is for educational and informational purposes only. I am not nor holding myself to be a medical professional or “medical provider”, a “mental health provider”, or a registered dietician or licensed nutritionist. I do not provide or claim to provide legal or financial advice. You assume personal responsibility and acknowledge that you are participating voluntarily in using my website and resources provided for this group and that you are solely and personally responsible for your choices, actions, and results, now and in the future for yourself, your family, and/or your business. My role is to support and assist you in reaching your own goals, but I cannot predict or guarantee your specific outcomes or results you can expect from using the information that I and my website provide. If you do not agree with this disclaimer stated here, and in more depth on my website, please stop now, and do not access or use this program or my website.

By signing this Agreement, we both acknowledge that you have read, understand, agree to and accept all of the terms in this Agreement. Electronic signatures and a photocopy of this Agreement are permitted and enforceable. You agree that you have had the opportunity to ask me any questions prior to signing, and your signature indicates that you are in agreement with all of the terms of this Agreement.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Date: \_\_\_\_\_

Please send a picture or scan back to [rachel@rachelcamfield.com](mailto:rachel@rachelcamfield.com) no later than March 8<sup>th</sup>, 2016. The integrity of your word is highly respected and part of this experience.