



Gift of
INNER PEACE

Client Packet

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SONIA VOCKELL INNER PEACE COACH

A sincere desire to assist individuals to attain their highest goals has prompted a journey to seek out innovative and cutting-edge methods for transitioning a good life into a GREAT life. Like many people, I was looking for answers in my own advancement that would achieve the visions that I could only imagine. On my journey to find such an elusive concept, I met a medical doctor that would point the way to that vision. That is when I discovered the energy techniques that would change my perceptions. The immediate changes that I noticed were so profound that I wanted to share these revelations with the clients I worked with.

The changes that came about encompassed higher self-esteem and more self-confidence leading to increased awareness and peace. I was able to release anger, guilt, shame and resentment. I noticed that things around me started changing when I shifted my energy and let the negative emotions go. Undesirable situations changed into positive outcomes without my intervention. The bumpy road I had been traveling became much smoother as did my personal and professional life.

My professional life has shifted into the health and wellness area as an Inner Peace Coach. Compassion for others, and a Master's Degree in the health field, have directed me to work with varied groups of people, each dealing with challenges of daily life. The opportunity for growth in relationships, business, and financial concerns can be achieved through compassionate life coaching. Let's work together to begin the process to personal growth and wellbeing.

The enormous growth that I have experienced has translated beautifully in the personal work that my clients and I share on an ongoing basis. They also have benefited from these techniques over the years and have experienced significant changes in their lives as well.

The feeling of happiness and serenity can be achieved by anyone who is tired of the life that they are currently living, and truly wants to achieve a different reality.

Whether you are an individual searching for solutions, or part of a business seeking to motivate your organization to create successful outcomes, I would welcome the opportunity to impart effective energy approaches during Inner Peace Coaching sessions, and help you develop skills that will assist you in creating the life you deserve, and empower you to reach your dreams.

Our greatness lies not so much in being able to remake the world....

As being able to remake ourselves.

-Mahatma Gandhi

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Congratulations on your decision to work with an Inner Peace Coach. If you are wondering what is an Inner Peace Coach, it is someone who helps you discover the inner harmony within yourself. It is not an easy process but one of self exploration, where only the brave and courageous dare tread. The outcome will be incredibly rewarding as you give yourself the Gift of Inner Peace.

What can you expect when you have inner peace? You begin by...

- * *Learning to love yourself*
- * *Taking control of your life by creating healthier boundaries*
- * *Creating the life you have always dreamed*
- * *Changing perceptions*
- * *Growing better relationships*
- * *Seeing positive changes in your life*
- * *Improving your health*
- * *Becoming energetic*
- * *Attaining clarity and making better decisions*
- * *Making better business transactions*
- * *Becoming successful and abundant*
- * *Creating more power within yourself*
- * *Living your authentic life*

Our goal will be to inspire you to stretch and grow into the greatest version of yourself.
ARE YOU READY?

As your coach I will support you by:

- Listening actively
- Asking questions
- Assisting you in explore your options
- Helping you make a goal plan
- Teaching and coaching you in planning the next steps in reaching that goal
- Inquiring about your progress
- Supporting you at each step
- Maintaining your confidentiality
- Meeting in person, by internet or by phone
- Additionally, behavioral profiles such as Meyers – Briggs may be used to determine your behavioral style in order to make the coaching/client alliance stronger.

Your role is to:

- Fully participate in the coaching process
- Come with an open mind and heart
- Be honest with yourself as you are the recipient of your truth
- Remain willing to grow
- Persist in taking baby steps to attain your goal

In this packet you will find the following materials to help guide you.

- Confidential Client Information Form
- Background information on the Coach
- Successful Phone Communication & Session Guidelines
- Planning Form for the Sessions
- Fee Packet
- Coaching Agreement

Coach's Background

As a Coach, Sonia has spent the past twenty-five years counseling and supporting individuals in the confusion and turmoil of ordinary and extra ordinary life difficulties. Her focus is to aid clients in setting goals and implementing strategies to achieve a happier and peaceful life.

We can achieve these strategies because of the scientific research documenting how simple energy techniques can implant a positive thought in the brain overriding a negative belief... like a new software update. These techniques are called collectively *Energy Work* and will be a major component of our coaching experience.

“I was exhilarated by the new realization that I could change the character of my life by changing my beliefs. I was instantly energized because I realized that there was a science-based path that would take me from my job as a perennial “victim” to my new position as “co-creator” of my destiny. (Prologue, xv)”

– **Bruce H. Lipton Ph.D.**

I now turn my full attention to Inner Peace Coaching with the intent of helping others attain true freedom by changing their thoughts and perceptions. To help them build and create a full and happy life filled with the Gift of Inner Peace.

Summary of education and training:

Education

Master's in Social Work	1996
Bachelor of Arts, Major in Psychology	1993

Training

Professional Life Coach	2019
Professional Life Happiness Coach	2019
PSYCH-K® Master Facilitator	2019
Thought Field Therapy Certification	2012
Geriatric Care Manager	1997-2007
Hospice Social Service Specialist	1994-1997
Licensed Clinical Social Worker	1995
Certified Addiction Professional	1992

Please fill out this form and email to sonia@giftofinnerpeace.com

Date _____

CONFIDENTIAL CLIENT INFORMATION

Name _____ Age _____ DOB _____

Sex _____ Marital Status _____ Referral Source _____

Address _____

Phone Number (h) _____ (c) _____

E-mail address _____

I give my permission for Sonia Vockell to get in touch with me by phone. Y N

I give my permission for Sonia Vockell to get in touch with me by e-mail. Y N

What brought you in today? _____

What recently happened that made you call and make an appointment? _____

What would you like to achieve with our work? _____

Current relationship or household environment _____

Is there drug/ alcohol abuse or mental illness in the family? _____

Are there medical issues impacting this situation? If so...what? _____

Are you experiencing grief/loss/ PTSD/ sexual abuse/physical abuse?

Have you seen other professionals in the past for any of these issues? Y N

If so, was there anything that you wanted to handle that was not achieved or was not handled? _____

Have you ever had thoughts of harming yourself or anyone else? Y N

Have you made attempts in the past to hurt yourself or others? Y N

Is there any particular person or situation that particularly worries you? _____

Is there anything you try not to think about? _____

Is there anything else you think I should know to better understand you? _____

Is there any other question you were expecting, or that I should have asked and did not? _____

PREPARATION FOR THE SESSION

Coaching includes weekly appointments for several months. Sessions will continue until you feel you have reached your personal goals. A minimum 3 months commitment to the coaching process is required for best results. Sessions are typically 30 - 45 minutes in duration. If needed, additional and longer time frames can be arranged. These appointments are generally scheduled on a fixed time slot (same day, same time). At the end of each session, you will need to agree to work on the goals you have chosen to work towards. Prior to the next session, the agreed upon assignment is to be completed before the next session in order to assure success. In between regular coaching sessions, we will use email "post-session recaps" to enhance and review the gains made that week.

Let us work together to make each coaching session as productive as possible. Here are some things you can do to contribute to a great session.

PLANNING FORM FOR THE SESSION

Before the session:

- Email the Planning Form and any other information to the coach twenty-four hours prior to the session.
- Remove all distractions
 - Turn off other telephones, television, radio etc.
- . • Arrange to be in a place beneficial for coaching...neat, quiet and confidential.
 - Avoid calling on a cell phone while driving or in areas with intermittent service
- . • Have a pencil and pad handy for notes.
- . • Clear your mind

Starting the session:

- Call as close as possible to the scheduled time.
- If the phone is busy or isn't answered, please call back in 5 minutes.

Throughout the session:

- Please speak clearly.
- Be present, which requires CONCENTRATION. Your center of interest should be on the session and our conversation.

After the Session:

- Finish writing any notes.
- Make sure the next coaching session is on your calendar.
- Schedule time to follow through on your goals.
- Share your goals with others you trust.

As you progress in attaining results, please share your coaching achievements with others and tell them about it. Your referrals are greatly appreciated. A referral from you means much more than someone who just stumbles on the website. A referral from you lets your coach know they are doing a great job and you would like your family and friends to experience the same great results.

Each referral is a gift from you, and in return for your generosity, you will be entitled to one free 50-minute session for each referral.

PLANNING FORM

(Please email to: sonia@giftofinnerpeace.com)

Name: _____ Call Date/Time: _____ Next Call: _____

What I have accomplished since our last call (Wins/Successes): _____

What I wanted to complete, but did not: _____

The challenges/problems I am facing now: _____

The opportunities which are available to me right now: _____

I want to focus on during this coaching session is: _____

I am committed to do by the next call (to be decided during coaching session):

Client/Coaching Agreement & Expectations

Name _____

Address _____

Phone _____

Email _____

Occupation _____

Date of Birth _____

How did you learn about Inner Peace Coaching?

Newsletter _____ Friend (name) _____

Advertisement _____

Other _____

(Client/Coaching Agreement & Expectations Cont.)

1. As a client, I understand and agree that I am fully responsible for my physical, mental and emotional well-being during my coaching sessions, including my choices and decisions. I am aware that I can choose to discontinue coaching at any time.
2. I understand that coaching is a Professional-Client relationship I have with my coach that is designed to facilitate the creation/development of personal, professional or business goals and to develop and carry out a strategy/plan for achieving those goals.
3. I understand that coaching is a comprehensive process that may involve all areas of my life, including work, finances, health, relationships, education and recreation. I acknowledge that deciding how to handle these issues, incorporate coaching into those areas, and implement my choices is exclusively my responsibility.
4. I understand that coaching does not involve the diagnosis or treatment of mental disorders as defined by the American Psychiatric Association. I understand that coaching is not a substitute for counseling, psychotherapy, psychoanalysis, mental health care or substance abuse treatment and I will not use it in place of any form of diagnosis, treatment or therapy. If I am currently receiving psychiatric care, I will consult with my caregiver to ensure working with a coach is in my best interest at this time.
5. I understand that information will be held as confidential unless I state otherwise, in writing, except as required by law. I understand that if I reveal information that involves physically hurting myself or others, the coach must report such information and/or refer to mental health professionals accordingly.
6. I understand that certain topics may be anonymously and hypothetically shared with other coaching professionals or clients for training, educational OR consultation purposes and that Sonia Vockell will take great care to change any identifiable details to protect my privacy.
7. I understand that coaching is not to be used as a substitute for professional advice by legal, medical, financial, business or other qualified professionals. I will seek independent professional guidance for legal, medical, financial, business or other matters. I understand that all decisions in these areas are exclusively mine and I acknowledge that my decisions and my actions regarding them are my sole responsibility.
8. Because professional coaching is not considered medical consultation or treatment, health insurance does not apply.

I have read and agree to the above.

Client

Signature _____

Date: _____

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FEE SCHEDULE

Package #1:

- *Individual Session (60 minutes). The includes a “Meet & Greet” allowing time to discuss your needs and goals.
- *The meeting will be conducted in person, by phone or internet.

Package #2:

- *Monthly Coaching Sessions- The first meeting (60 min.) includes a “Meet & Greet” allowing time to discuss your needs and goals.
- *Sessions 2-4 (50 minutes) -The weekly meeting will be conducted in person, by phone or internet.
- *Energy Work Balances provided as needed to change perceptions and beliefs.
- *Email support for questions in between sessions.

Package #3:

- *Monthly Coaching Sessions -The first meeting (60 min.) includes a “Meet & Greet” allowing you time to discuss your needs and goals.
- *Sessions 2-8 (50 minutes) - The twice a week meetings OR weekly meetings will be conducted in person, by phone or internet.
- *Energy Work Balances provided as needed to change perceptions and beliefs
- *Email support for questions in between session for weekly meetings.

*****Group Package Pricing is available on request.***

Inner Peace Coaching services are not covered by insurance. Payments are due prior to the time of your coaching appointment in the form of credit card or cash. I also offer packages for those who are interested in creating long term changes in their lives.

FEES

Coaching fees are based on the services provided. I agree to an initial package rate of \$_____ for 4 Sessions/ 12 Sessions/ 24 Sessions (circle one). I will pay at least 48 hours in advance of sessions. I am free to change to a different coaching package after that period and with notification a week in advance. Fees paid in advance will be forfeited if coaching is discontinued for any reason prior to the end of the coaching term. The coaching process is designed to take place 4 times a month (unless I choose a more intense package or decide differently notifying the coach). When there are 5 weeks in a month, 1 week will be skipped (together we can determine the week). The extra week can be used to make up for a missed appointment or an additional payment can be made to include a 5th appointment that month. Occasional brief e-mail and brief text message exchanges are available between appointments. In an emergency, the coach is available for 10-minute phone conversations between appointments. If a longer conversation is needed or if this service is abused, I understand I will be billed in 15-minute increments that will be rounded up to the hourly rate. If e-mail or texting is abused, an extra fee will be added for this service. I understand the coach may not be able to respond immediately to e-mails, texts, or calls and will respond as soon as possible. I will give a 48-hour notice to reschedule a Coaching session. Otherwise, I will be charged a "no show" fee even if I reschedule for the same week. I will notify the coach at least a week in advance of a vacation and schedule my monthly sessions accordingly. Otherwise, I will be charged a no-show fee for the missed session(s). I am responsible for meeting or calling the coach at the scheduled appointment time. If I am late arriving or calling, the appointment will be kept within the originally scheduled time and the time I'm late will be forfeited. If I am more than 15 minutes late, I will be considered a no show. All no shows will result in a forfeited session from the coaching package or a will be billed at the hourly rate will provide the coach with a valid credit card to keep on file and charge in such instances.

Whenever possible and necessary to enhance my performance, we will meet in person. When this is not possible, sessions will typically take place on the phone or via internet. If travel is required for my Coach to meet with me, I will be responsible for all travel, food, and lodging expenses. I agree any additional items used during the Coaching process such as assessments, workbooks, and books are my financial responsibility. The products and services needed for successful outcomes vary depending on each specific situation. Additional services or materials that could be of benefit to the Coaching process may be recommended. Costs will be discussed with me to be sure an informed decision is made. Achieving greater success is always the primary objective.