

Coaching Practice Guidelines and Policies

Congratulations! You have made a commitment to improve your health through personalized life and wellness coaching. In order to better serve you and provide the best possible care for all of our valued clients, please read the following practice information and policies:

- It is important to understand that creating lasting behavioral change is a process that takes time. For this reason, I only work with clients who are willing to commit to the coaching process for a minimum of 3-month at a time.
- The frequency of coaching depends on your unique needs and goals. Generally, increased frequency of sessions translates into a more intensive change process and often, faster results. Weekly or bi-weekly is usually ideal for new clients.
- Coaching sessions last for up to 50-minutes each and are telephone based. You can call me at your designated appointment time at (847) 383-5947.
- It is helpful if you come to each call with updates, progress, and current challenges. Remember, the coaching agenda is client-generated and coach-supported.
- Be sure to fill out the “Coaching New Client Form” prior to our first coaching session. You can fill in the information directly onto the form and email it back to me at: Lesli@HarmonicNutrition.com.
- If you cannot make your appointment, please let us know as soon as possible so we can offer it to someone else. To avoid being charged, please give minimum of 48-hour notice for all cancelled or changed appointments.
- Packages must be used within 12 months of purchase. We do not provide rebates on pre-purchased packages nor do we accept insurance as a form of payment.
- One of my favorite quotes is “If you do what you’ve always done, you’ll get what you’ve always got” by Mark Twain. As your coach, my goal is to create a collaborative and synergistic relationship that can effectively support you during the changes process – so you can live the life of your dreams!
- We look forward to assisting you in your health and wellness journey!*