



fostering personal transformation

PERSONAL MENTORING AND COACHING GUIDELINES

Thank you for your interest in working with me. I am looking forward to guiding you in increasing your personal empowerment and facilitating healing and transformation in your life! Below are some guidelines and expectations for our work together:

WHAT TO EXPECT

Our mentoring relationship and your work with me will be unlike traditional therapy. You will receive a complimentary copy of my book (There is Nothing to Fix: Becoming Whole Through Radical Self-Acceptance) and will be guided and supported through our work together as you become empowered and to use the tools and theories of TIMBo to compassionately understand yourself. During our time together you will learn and utilize the seven embodied resources of TIMBo. Your body responses will begin to rewire, providing a sense of liberation that you will continue to feel confident with and trusting of.

You will also be provided with a complimentary journal within which you can record your learning and noticings. The shift you will feel as we work together is often swift and sustainable, making our total time together relatively brief. Our work can range from just one month of mentoring to more, as you feel you desire. You are in charge of when you feel ready to be your own mentor!

If applicable, you will also be provided with TIMBo flashcards or a TIMBo program workbook. Our continued work will help me determine if and how these materials might be useful.