



Welcome!

Elli has positive expectations for our long-distance coaching relationship that will help you achieve your horsemanship goals. To partner together professionally, she would like you to be familiar with the following guidelines.

**Terms of Coaching:**

Elli invites you to think of coaching as a process. Many people create change for themselves and their relationship with their horse in a short time. However, to refine and sustain the change takes several months. Although not binding, Elli would ask that you expect your Coaching relationship to last at least 3 months.

**Fees:**

The coaching fee is payable in advance via Zelle or check.

Elli's Zelle account is linked to her business name: Soulutions By Elli and her phone number (970 946-1686.

If you prefer to pay by check, please make it out to Elli Pospischil and send it to:

Elli Pospischil

PO Box 5723

Pagosa Springs, CO 81147

There is no commitment beyond month to month, but please give Elli a few weeks' notice if you think you will be ending your coaching together.

Please note that a "month" may not always correspond to a calendar month.

Each month, you may also switch between the different coaching options, depending on your needs. That way, if you are gearing up for a specific course or a special event, a show, or an audition, you can have a more intensive coaching period.

**Procedure:**

Please share your dreams & goals that you have for your journey with your horse with Elli.

That way, she can use that to point you in the right direction as she assesses your videos.

Next step will be to upload your video to WE Transfer and to send the link to

Elli.

It is very easy:

- go to [www.wetransfer.com](http://www.wetransfer.com) and create an account (it's free!)
- verify your account via the email they send you
- you will receive an email that says "your account is good to go"
- click on "add your files" or "select a folder" which will take you to your finder
- enter Elli's email address ([elli@solutionsbyelli.com](mailto:elli@solutionsbyelli.com)) where it says "Email to"
- add a message if you like
- click on "Transfer"

Elli will review the video and make comments and send you the link to view it.

She will call you at a time you agree on to discuss the video or any changes you have noticed in your horse's behavior since making the changes she suggested.

If you wish to connect with Elli in between sessions with a challenge, a success or an inquiry, she will make every attempt to respond to your text message or e-mail as soon as she can, with a text message, email or short phone call at your discretion.

Elli is happy to provide this extra level of service at no additional charge.

#### **Changes:**

If you need to reschedule our appointment, please give Elli 24 hours notice. If Elli needs to reschedule, she will do her very best to give you at least 24 hours notice as well.

#### **Between Calls:**

Email Elli any time at [elli@solutionsbyelli.com](mailto:elli@solutionsbyelli.com), or text her at (970) 946-1686 to reach her with ideas, problems, questions, etc. you might have.

#### **Challenges:**

If Elli ever says or does anything that upsets you or doesn't feel right, please bring it to her attention so that it can be resolved as soon as possible. Elli's objective is to have a coaching relationship that is fully open, honest, real, and trusting in communication styles.

Communication via telephone or email entails extra challenges since we cannot see body language, facial expressions, etc. Therefore, we give each other plenty of latitude, and promptly ask for clarification if there is a miss-connection.

## Coaching Agreement

### **Coach**

Elli agrees to serve as your Coach, to partner with you to identify and achieve your personal and/or professional goals on your horsemanship journey.

As your Coach, Elli cannot guarantee results. You will create powerful results by having the courage and determination to forward the action on your horsemanship journey.

During the time you spend together with Elli in the coaching sessions, Elli will devote her time, thoughts, and energy to you, exclusively. In between the sessions, Elli may not be instantly available, as she may be attending to others, or herself. Elli will however, always attempt to be available within 24 hours.

As your Coach, Elli will bring attentive listening, understanding, belief in you and commitment to your success. You can expect Elli to challenge you, offer fresh perspectives, make requests (including assigning homework) and acknowledge your wins.

### **Student**

I am motivated and committed to taking action on my determined horsemanship goals. I realize that anything less than my intentional full participation will not lead to my success.

I accept full responsibility for myself and any actions I take that might result from coaching.

I can financially afford the Coaching fee at this time. I agree to pay (or be autocharged) promptly at the beginning of the month for that month's fee. I agree that ultimately, it is my responsibility that my coach gets paid for the services I use.

I agree to honor my scheduled session times.

Yes, I have read and agree with the Coaching Guidelines and the Coaching Agreement.

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Printed Name

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Signature