

WHO WE ARE IN CHRIST

Coaching Packet





Hey there,

I AM SO EXCITED YOU ARE HERE!

How exciting! I am over here doing a little happy dance and I hope that you are too! I'm so glad you've found me and took the time to reach out about the potential of working together.

I encourage and provide biblical life coaching to women navigating transitional phases in their lives. Through compassionate guidance and the wisdom found in scripture, I help them discover their inner strength and purpose. Whether they are facing career changes, relationship shifts, or personal growth challenges, my aim is to empower them to embrace their journey with faith and confidence. By fostering a supportive community and offering practical tools, I strive to uplift each woman, enabling her to thrive and flourish in every season of life. Together, we explore the transformative power of God's love and the hope it brings, illuminating a path to a brighter, more fulfilling future.

GRAB A CUP OF COFFEE AND READ ON, FRIEND!

Xoxo,
Yazmin
Cruz



What to *Expect*

EXPERIENCE ONE-ON-ONE SUPPORT LIKE YOU'VE NEVER IMAGINED,
BECAUSE YOU'VE JUST FOUND YOUR LIFE COACH.



Here's how it will go...

From the moment you decide to move forward throughout your transformation together, I will work alongside you to ensure your coaching needs are met. It's just as important for me that you have a transformational experience as it is for you so you can feel encouraged throughout our time together. I take my clients from where they are to where they desire to go. Where God wants them to go. Helping to facilitate growth and change by taking action. I use a process for change that "asks" clients very strategic questions versus "telling" them or giving them advice. I will coach you to build towards your future like an architect versus focusing on your past and digging up things like archeologists. This is a main difference between a coach and a therapist.

The Ultimate Experience

When you hire me as your Transition Coach, we, of course, schedule our goal-setting call where we will layout the steps included in your custom experience. I will also send you a questionnaire before some of our sessions to dig deeper into your life goals and what you want to achieve while working together. These questionnaires are going to depend on your coaching needs, so they are precisely chosen by me for you and they're super important to complete before our sessions. This lets me get to know your personality, big vision, and values even better. I will also be sharing my top resources and tips as we go along so you have everything you need right at your fingertips.



Client Process:

CHOOSE YOUR PACKAGE

Once you've read through this pricing guide and are ready for me to be your new life coach you will choose which package you want and book it on my website.

SIGN ON THE DOTTED LINE

I'll send you a contract over to you email after receiving your booking payment, so you can see all of the terms clearly outlined, and sign the contract to make it official. A contract template is included in this packet so you can read it before booking.

THE ADVENTURE BEGINS

Get ready, girl! Our coaching sesh is going down on Google meets. I'll send all the details for each call before we start straight to your email. And hey, let's make it a real face-to-face – turn that camera on! The calls are not recorded and I will be taking notes digitally and on paper that are confidential to only you and me to help us both out during our time together.

Packages I Offer

YOUR INVESTMENT.

BELOW IS A LIST OF THE SERVICES I HAVE TO OFFER.

Three session package

You will have three 45-minute sessions available for booking whenever you need coaching that you can book within 3 months after paying. Access my private calendar to schedule your sessions. You will get 1-2 assessments and this can help you jumpstart your journey!

PAYMENT OF
\$297

afterpay

affirm

Six Session Package

You will have six 45-minute sessions available for booking whenever you need coaching that you can book within 6 months after paying. Access my private calendar to schedule your sessions. You will get 2-3 assessments and this can help you keep momentum in your life goals.

PAYMENT OF
\$547

afterpay

affirm

Ten Session Package

You will have ten 45-minute sessions available for booking whenever you need coaching that you can book within 8 months after paying. Access my private calendar to schedule your sessions. You will get 4-5 assessments and this can help you get a transformational outcome. It's our Best Value Package - because you deserve it!

PAYMENT OF
\$897

afterpay

affirm

Each session is 45 minutes long. You must be willing to commit to action steps to achieve improvement in your life coaching areas. All packages come with an accountability partner- me! A lot of time is given for each package to book your sessions in case life happens, but I highly recommend booking one coaching session every 2 weeks for best results if possible.

CLIENT PROFILE & AGREEMENT

Contract Terms

This CLIENT PROFILE provides key confidential information that will be helpful in the beginning of the coaching process.

Name: Client Full Name

Address: Client Address

Cell Phone: Client Number

Email: Client Email

Birthday: Date

AGREEMENT: The client hereby employs Yazmin Cruz as coach for the purpose of facilitating personal growth and development with respect to identifying and achieving goals. The client understands that Yazmin Cruz is not an employment agency, business manager, financial consultant, therapist or a psychotherapist and that she is not obligated to and will not:

1. procure or attempt to procure any employment, business or sales for the client;
2. perform any business management functions including but not limited to accounting or tax-related services or advice or the investment of funds or advise with regard thereto;
3. act as a therapist or counselor or provide psychoanalysis or therapy.

The client understands that as a specialized form of consulting, personal coaching is not the same as professional or licensed therapy or counseling and that the client is free to reject any advice, suggestion or requests from Yazmin Cruz at any time. I also understand that I am responsible for my progress during my time of coaching which includes my choices and decisions that I do or don't act upon and that no guarantees are made about the results of coaching. I also have the freedom to choose to discontinue coaching at any time and I understand no refunds are allowed even if I stop showing up to our meetings or don't book my next sessions within the given 3 months for 3 sessions and 6 months for 6 sessions and 8 months for 12 sessions packages. Should counseling become recommended, professional referrals will be made.

I understand that everything that is discussed during the sessions together are kept confidential between myself and Yazmin Cruz. No notes are shared, names will not be stated publicly and calls are not recorded.

CLIENT PROFILE & AGREEMENT

Contract Terms

APPOINTMENTS:

The client agrees to be available by phone, virtual meetings or in person to meet the coach promptly at the scheduled time. If a problem arises that requires rescheduling, client must contact the coach as soon as possible or not later than 24 hours prior to the scheduled appointment (except in the event of an unforeseen emergency). You can reschedule one time within 24 hours with no consequences with any package you book, but if another reschedule is made then that session cannot be re-booked then that session is missed out but you may continue to book for your next sessions until they're up.

I confirm with my signature that I have read this document carefully and that I agree with the above conditions.

Yazmin Cruz - Life Coach
Contact via email at:
hello@howeareinchrist.org
Pretty and Fresh LLC
DBA Who We Are In Christ

* Signature required by client

* Signature required by coach



HOW WE STAY ORGANIZED AND COMMUNICATE

Once you've booked and are an official client -
hooray! I'll send you everything via email.

Scripture

HAVE QUESTIONS?

Email me at
hello@howeareinchrist.org
My websites
www.howeareinchrist.com
www.wehweareinchrist.org



HOWEAREINCHRIST



WHO WE ARE IN CHRIST



WWW.HOWEAREINCHRIST.COM



Can't wait to serve you!

-Yazmin Cruz