

# Wellbeing Explorers

## Client and Practitioner Contract:

### POSITIVE PSYCHOLOGY COACHING AND MULTIDIMENSIONAL APPROACH TO WELLBEING

By signing up to the packages sponsored by Wellbeing Explorers you agree to the following:

#### **Suitability**

Please note if you have a history of mental ill health, the positive psychology coaching is provided by Emma Miller who is a positive psychology coach but not a therapist – therefore does not aim to treat clinical psychological problems. If any issues become salient during the professional relationship your Wellbeing Specialist may recommend you to an appropriate and qualified specialist or your health care provider/ general practitioner.

It is recommended you speak with your Wellbeing Specialist directly, or contact your mental health care provider to discuss your suitability if you have had a recent mental health crisis or clinical mental health diagnosis.

Please let me know if there is anything you wish for me to know about your mental health history by emailing [emma@wellbeingexplorers.com](mailto:emma@wellbeingexplorers.com)

#### **Physical wellbeing**

Your sessions can/ may involve yoga, sports massage and outdoor adventure activities (if this is what you decide with your Wellbeing Specialist). Consult your medical doctor/ general practitioner if you have any medical condition to confirm if these are suitable for you. Your Wellbeing Specialist will adapt the practice where possible to ensure it is appropriate. You must inform your Wellbeing Specialist of any pre-existing medical conditions, illnesses or weaknesses during the declaration process and any changes to your physical health as and when they arise. Note, whilst Emma Miller is first aid qualified she is not a medical professional therefore you are responsible for your own wellbeing and engage in activities voluntarily, in the knowledge there is the possibility of sustaining physical injury.





## **Booking sessions and time frame**

Before you schedule your first session, book in your free 30 minute consultation to discuss your goals, the specifics of the relationship, and the approach, ethos and competencies of your Wellbeing Specialist and Positive Psychology Coach.

Your sessions must be used within the timeframe given. Your specific package indicates the number of sessions and duration. It is your responsibility to book the sessions on the link provided and liaise with your Wellbeing Specialist if there are no times that suit you.

Sessions will be online via Zoom and once you book your session a link will be in your confirmation email (from Calendly, the booking system). Face to face sessions are booked via the same link however location will be arranged directly with your Wellbeing Specialist.

## **Rearranging and missed sessions**

If you need to rearrange a session this should be done at least 48 hours in advance. If you give less than 24 hours' notice you will be charged the full session rate. Where practical, for emergencies or exceptional circumstances, 48 hours' notice of changing session times is desired however, your Wellbeing Specialist will be as flexible as possible when appropriate. If your Wellbeing Specialist needs to change the appointment they will offer you the same courtesy in respect of your time (at least 48 hours with the exception of emergencies).

If you forget to attend, you will be charged 50% of the session fee for the first time (you can arrange a 45 minute session at a later arranged time). I appreciate these things can happen. Life is busy! Any further missed sessions you will be charged the full price and time of the session.

## **Confidentiality**

Personal and/or professional information will be treated as confidential by your Wellbeing Specialist and will not be passed onto any third parties without your consent (e.g. referrals to other practitioners). Everything you say during our sessions is confidential with the exception being if you say anything that makes me feel you are likely to harm yourself or anybody else then I would pass that on to the relevant authorities which may include law enforcement. I will tell you if this is ever the case.

## **Competency**

As a positive psychologist and a coaching psychologist I have the responsibility to ensure my practice is ethical, I coach with integrity, and ensure I practice within the boundaries of my competence. My goal is to provide you a safe, supported space (mental and physical) for you to feel comfortable to work towards your goals. You can see more about my approach and ethos by reading below. I abide by the ethics of the European Mentoring and Coaching Council. I have completed my positive psychology coaching MSc with the University of East London and am in the process of getting accreditation through with the European Mentoring and Coaching Council. Among a wide-ranging variety of experiences and competencies, some of my professional qualifications are:





- BSc Psychology (2:1)
- Yoga teacher 200 hours – Yoga alliance certified
- Sports massage therapist Level 3 Active IQ
- Outdoor instructor and educator (since 2009): Mountain Leaders UK summer & rock climbing (indoor)
- REC 2 first aid qualified (since 2009) &
- Wilderness First Responder first aid
- Counselling skills level 2

### **Early termination of the professional relationship**

In exceptional circumstances such as illness, bereavement or other commitments, you and your Wellbeing Specialist may decide to end the working relationship early. In this instance refunds will be discussed and apportioned appropriately. Further, the professional relationship may be terminated due to inappropriate client behaviour, conflict of interest, client-provider relationship concerns or other unforeseen circumstances. You will discuss this with your Wellbeing specialist along with any appropriate actions and/or refund decisions. You can request to see all information held on you by contacting us. You can withdraw consent at any time and your details deleted by contacting us. If we have your details we will periodically send you newsletters and updates, to which you can unsubscribe at any time.

### **Waiver**

In signing up and paying for the packages, you agree that this arrangement is solely between you and Wellbeing Explorers and no other person either taken to be implied, or communicated with by you. You agree to releasing Wellbeing Explorers and your Wellbeing Specialist, Emma Miller of any and all liability arising out of any personal injuries (physical or mental) or damages, foreseeable or unforeseeable, which may occur as a result of your participation in your coaching and multidimensional wellbeing package sponsored by Wellbeing Explorers. You agree and understand you are engaging voluntarily and assume all risk of injury to yourself including practicing at home via online, or in person.





# Welcome to

## POSITIVE PSYCHOLOGY COACHING AND MULTIDIMENSIONAL WELLBEING

### With Wellbeing Explorers

YOUR JOURNEY TO HAPPINESS, HEALTH, CONNECTION, PERFORMANCE AND  
ADVENTUROUS AND ENERGISED LIVING.

## What is Positive Psychology Coaching?

Positive psychology coaching is a transformative process where I support you to reach your goals of self-mastery, peak performance and multidimensional wellbeing. Coaching is a therapeutic intervention and a collaborative professional relationship between you as the coachee and me as the coaching psychologist. It is in equal parts similar and different to counselling as it is a therapeutic relationship, however with a more future orientated focus. Therefore, we will not spend as much time reflecting on your past. We will also be action orientated; we will work on questions, exercises and home work to support you to your goals and vision.

Further, the goal is to support you to positive results, through a goal orientated, solutions-focused process. Therefore, we do not go too much into past trauma, we focus on the solutions to move you forward. We work towards you gaining self-awareness and self-knowledge such as exploring your strengths, values and living a life of meaning, and self-regulation skills like emotions and thought management. We will also work through obstacles such as self-limiting beliefs towards sustainable change in your behaviour and self-mastery.

Before I go any further, I want to congratulate you for taking this step towards your multidimensional wellbeing and I acknowledge you for your courage in taking the journey. It is a courageous choice to explore what has been holding you back and work towards your extraordinary life with passion and purpose.





As a positive psychology coach I know that the only way to move forward is to spend a little time reflecting on our past, a lot of energy focusing on what is holding us back in our present, and create an intentional and actionable vision for our future. I have learnt from my life that if we want to change our external world, we have to start with the internal.

Many people come to me with goals of happiness, health, connection, peak performance and adventurous and energised living. However, come as you are with whatever dreams, goals or challenges you have. Even if you are not exactly sure what your extraordinary life is, the coaching journey will support you to discover your true potential, passion and purpose.

I truly believe you hold the answers you seek. These may be buried deep, and may be complex sensitive and difficult to access, but they are there. I also believe you have infinite potential to learn, grow and gain insight towards your extraordinary life. This process is about you stepping into yourself, not learning to be someone different or changing who you are. You can create the life and become the person you want, because it is already who you are. You are extraordinary. Even if you don't feel like it, I will be your champion until you believe and act it too.

What you probably do need is space, support and someone to challenge you and raise awareness to help you figure these answers out. I will guide our conversation with empathy and compassion, and challenge you towards learning opportunities. However, I am non-directive in my approach; **you** take ownership of your life, decisions and the direction of the coaching conversation. I am not a mentor or an expert in your life. I will help you learn rather than teach, and will be a fellow traveller on your journey.

I will expect you to be committed and take ownership, and I will ask you to be vulnerable and courageous. This is an intensive process that requires motivated action and taking responsibility. My goal is we build a trusting relationship where you feel heard, supported, challenged and celebrated.

Working with me allows you access to a multidimensional approach, from the science of positive psychology, to mindfulness and yoga, to sports massage, music and to adventure and exploration.

Due to this multidimensional knowledge when you come to me, there is no template or formula. Your journey is individualised and what works best for you. I look forward to working with you as your Positive Psychology Coach and Multidimensional Wellbeing Specialist.

Emma

