

Jeanne Dorr's Life Coaching Informed Consent Form

Information about Jeanne Dorr's Christian Coaching

Jeanne Dorr is a certified Professional Christian Life Coach practicing in Clever, MO. Jeanne has a Bachelor of Science in Education degree from University of Central Missouri and a Master of Science in Education degree from Southwest Baptist University in Bolivar, MO. Before working as a Life Coach, Jeanne taught in the public schools of Missouri for 21 years and before that she was a stay-at-home mom for 10 years. Jeanne was a member of her school's professional development team and helped train teachers in Ruby Payne's Understanding Poverty. Jeanne has been active in the local church. She worked closely with her late husband, Terry, when he was a full-time music and youth minister and a teacher/coach. They were married for 46 years. Through the years Jeanne has been on praise teams and in choirs, taught Sunday School classes, children's Wednesday night Bible programs, and women's Bible studies. Jeanne has directed Vacation Bible School and volunteered as a teacher, has been a deacon's wife, participated on the Special Events Team, has spoken at breakout sessions for her church's women's conferences and at Mom's groups about marriage and hardship. Jeanne has been a mentor for her church's mom's group and is on the leadership team. Jeanne was also a group leader for seven years for Bible Study Fellowship in Springfield, MO. Jeanne has three children and three grandchildren. In her free time, Jeanne loves to walk, ride bikes, garden, read, bake pies, go on mission trips and spend time with her family and friends.

Jeanne is a member of the International Christian Coaching Association and provides coaching through Jeanne Dorr's Coaching Solutions, LLC (JDCCS). JDCCS exists to help women, men, couples, and families take action toward the dreams and desires the Lord has placed in their hearts. Jeanne is also a member of MRTA, Missouri Retired Teachers Association, and the First Baptist Church of Clever, MO.

What is Christian Coaching?

Coaching is a relationship-based activity focused on identifying and moving towards your goals and desires for your life. The coach and client partner to move

the client toward their desired personal and relational goals. Coaches are often very knowledgeable in a set niche, and a coach may share training and guidance, but the coach does not independently dictate the client's goals or action items to move forward.

Coaching is different from counseling or mentoring. Unlike counseling, coaching does not profoundly explore past experiences, traumas, or hurts. Instead, coaching focuses on actions to take in the present to impact the future. Coaches do not diagnose or treat mental illness, though coaches may provide references to mental health professionals if needed.

Christian coaching is done from a biblical perspective and allows clients to utilize their faith within the coaching sessions. Goal setting is done with reverence to the client's Christian understanding of a productive and God-honoring life. The coach may encourage their client using a Christian understanding of individual value and identity. In Christian coaching, focus areas may include a client's discovery of their calling, spiritual gifts, or integrating their faith into other areas of life. Christian coaches may pray with or for their clients, utilize scripture, and discuss Christian beliefs within sessions.

With Jeanne's experience, her niche coaching areas include relationships, family life, marriage, parenting, grief and loss, stress and anxiety, and balancing life from a biblical perspective.

Benefits and Risks of Christian Coaching

With the right coach, coaching is not only effective but enjoyable. Clients often find that they gain a greater understanding of their goals, why they matter, and how they can achieve them. In addition to clarity, coaching often results in greater motivation, confidence, and successful movement toward their goals.

While coaching is an incredible opportunity for client growth and goal attainment, coaching is not without risk. If you seek coaching because you are dissatisfied with an aspect of your life, exploring how to move forward may result in painful feelings. The need for counseling may arise if the pain point is related to a very

difficult or traumatic experience or situation. Referrals to Christian counselors are available in such a situation.

The Coach and Client Roles and Relationship:

The client's role is to prioritize coaching sessions and identified action items in their life. The client chooses their goals, prioritizes what to work towards, and has autonomy in agreeing on homework between sessions. A coachable attitude is open, vulnerable, receptive, and positive.

The coach's role is to create a positive and supportive environment, set up professional and productive processes for scheduling and payment, ask good questions, and help the client brainstorm actions to achieve desired goals. The coach is responsible for keeping sessions on track and on time and giving thoughtful feedback on the client's progress.

The coach and client agree to be prompt, attentive, and honest in sessions.

Fees

Payment is to be made prior to your session. You may use Venmo or cash.

If you decide to purchase a package of eight sessions, you may receive one free session once it's paid. You will schedule your sessions within two weeks and use them within a ten-week period. No-shows are counted as sessions within the coaching package and are not reimbursed, with rare exceptions for documented emergencies.

Scheduling

For your convenience of scheduling, you will be able to book a session by going to the church website www.fbcclever.org and clicking on the 'Contact Jeanne' button on Jeanne's Life Coaching page. There you will see Jeanne's email address. Leave a message along with your phone number and Jeanne will contact you in return to schedule your session.

Confidentiality

I will keep the information you share with me in strict confidence. I will protect all information that you share with me.

An exception to my ability to keep confidentiality is that I must disclose the information if required by law. If the information you tell me relates to the harm or yourself or others, I will need to notify the appropriate authorities to keep you safe.

Suppose you want me to share information from our session with a third party, such as a counselor. In that case, you will need to provide written consent following a conversation with me about what information is to be shared.

Name:

Date:
