

About Erin. . .

Erin K. Garcia, Neuro-Performance Coach, has been a professional certified coach with the ICF since 2010. Her very first life coaching certification was with Accelerate Your Destiny with Henry Penix right here in Tulsa in 2003. In 2011, she also became an Accelerated Results Coach with Noah St. John, author of the amazing *Affirmations* technique.

Using her signature ASCENT Coaching system, Erin has coached solopreneurs, small business owners, network marketers, ministry leaders and even team leaders and executives in the corporate world to become the ultimate best version of themselves, both personally and professionally. Her clients take leaps (of faith), develop powerful skills, claim their gifts and callings, leverage their strengths, double their income, step into courage, soar into momentum, live into purpose, multiply their desired results, and expand their greatness!

Erin has published a memoir, *The Real Skinny on My Anorexia*, and has contributed to *Pain, Purpose, and Passion* and *Stickman's Prayers*. Her recent releases are *Heart Based Success*, *Optimize Your Performance*, and *Now What? The 7 V's of Business Identity* is a coaching program co-authored with Dee Selby.

Erin developed the Ascent Coaching Program and is using her many skills and tools to change the lives of her clients.



Erin K. Garcia, Neuro-Performance Coach
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What Coaches Help Clients Do

Set Better Goals



Improve Performance



Increase Performance



Increase Self Awareness



Transition, Move Forward



Strengthen Relationships



Develop Strategies



Improve Quality of Life



Succeed in Business



Build Proficiencies



Improve Communication



Be More Creative



Perfect Environments



Become . . . Transform . . . Perform

Coaching Services

Strategy Session - Your opportunity to collaborate with a coach approach to your dreams, goals, and vision.

Laser Coaching – A succinct coaching experience to address a current decision to be made, goal to be met, or dream to pursue.

Vision Coaching – An opportunity to discover and implement assessment results into your personal vision. You will explore your drivers, your passion statement, and design your next steps to fulfillment.

Personal Transformation Coaching – Coaching designed to shift forward into your “new story” with strong intentionality - leaving your “old story” behind. We will overcome the triggers, blocks, & saboteurs keeping you from moving forward. Then we will up-level into “Go Mode” - giving yourself permission to succeed.

Performance Acceleration Coaching – Leverage and execute out of your top strengths and “superpowers.” Define what success looks like for you within your joyful identity. We will focus on relational sales, client attraction, and marketing your message.

Leadership & Team Development – For the small business entrepreneur . . . we will customize a full package including executive strategies, key assessments, team communication, and transformational benchmarks to scale your business.

Leadership Intensive – For executive leaders . . . a deep dive into business success strategies and leadership transformation.

Group Coaching – rotating topics for personal growth.

TheoRapha Technique™ - The TheoRapha Healing Technique attends to the way our bodies store emotions like frequencies. A simple combination of “touch and thought” allows the body to release these trauma stored emotions, thus attending to the body and soul. When the stored trauma emotions behind a symptom are relieved, this technique helps the client understand and remove the destructive vows, lies, and blocks associated with those traumas in Body, Soul and Spirit.



Prosperity Circle Mastermind – An ongoing, topic driven, mastermind group designed to help business owners meet life’s challenges with accountability and peer driven encouragement.

Assessments

Life Pattern Test - Taylor Johnson Temperament Analysis

Strengths-Finder 2.0 by Tom Rath - purchase through Amazon/ bookstore

9 Saboteurs Assessment - positiveintelligence.com

WPESS Enneagram

Discover Your Spark – www.sparketype.com



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Coaching Assessment Form

Name _____

Date _____

Step 1: What is the coaching focus?

Circle One: Business Career Spiritual Quest Health Family Romance Creative Expression

Name the area of focus: _____

Why do you want to focus here? What is your “why”? The spark? _____

Define the big picture. What is your vision? Who are you becoming? _____

Step 2: The Unique You — and True Fulfillment

Your current wealth . . . what you can express . . . what you can contribute?

<i>Attribute</i>	<i>3 Month Objectives. Be Specific/Tangible</i>	<i>Is it Urgent?</i>
Knowledge		
Talents		
Experience		
Character/Values		
Community Connection		
Spiritual Connection		
Financial		
Relationships		
Health		



Erin K. Garcia Coaching Agreement

Applicant Information

Name _____ DOB _____

Phone _____ Email _____

Mailing Address _____

City, State, Zip _____

Applicant Signature

Application Date

Coach Signature

Approval Date

Coaching Agreement

Coaching Procedure

- Day and time of session(s) will be agreed upon and scheduled for the 1 - 3 - 6 - 12 sessions course of this agreement. Payments is required up front, with 2-payment or 3-payment options available for larger coaching packages. No credits will be issued for missed/cancelled sessions. Arrangements for makeup sessions will be available with 24-hour cancellation notice and immediate rescheduling.
- With telephone clients, the client will call the coach at the prearranged number on the day and time scheduled.
- Your Coaching Agreement includes unlimited emails/texts between coach and client as well as periodic coach "call in" phone sessions as needed.

Termination

- This agreement may be extended another 3 - 6 - 12 sessions following the initial duration with the mutual agreement of both parties. Special offers or discounts expire with the initial coaching agreement. Month-to-month extensions will be considered by special request after the initial agreement has expired.

Confidentiality

- The Coach recognizes that certain information of a confidential manner may be relayed during either regular or "Coach-on-Call" sessions. The Coach will not, at any time, either directly or indirectly use this information for the Coach's benefit nor disclose said information to anyone else without specific approval of the Client (excludes disclosure of illegal or unethical activities).

Nature of Relationship

- The Coach has a background and expertise in Behavioral Analysis, Biblical/cognitive/therapeutic counseling, spiritual formation and discipleship, inner city outreach including case management and job placement, women's issues, sales training and team building, time management, values clarification, goal setting and achievement, marketing, leadership and much more.
- The Client(s) has been made aware that the coaching relationship is in no way to be considered or construed as psychological counseling or any type of therapy.
- The Client is also aware that Coaching results cannot be guaranteed. No cash returns are made for coaching; instead, credits or transfers of either sessions or assessments may be arranged.
- The Client agrees that they are entering into coaching with the understanding that they are responsible for their own results.
- Client also agrees to hold the Coach free of all liability and responsibility for any actions or results for adverse situations created as a direct or indirect result of specific referral or advice given by the Coach.



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