

HELLO

I'm Melissa

christian life coach



I am a trained and certified Christian Life Coach and a certified Master Mental Health Coach with six plus years of experience. Helping people grow personally and spiritually is what I do.



xoxo



welcome!

I'm Melissa

christian life coach

Hey there! I'm so glad that you are ready to make the changes that will lead to you living your best life. Everyone gets stuck in life, goes through times of uncertainty, and needs someone to provide accountability and encouragement.

Coaching can involve brainstorming, values clarification, the completion of written assignments, education, goal setting, identifying plans of action, accountability, making requests, agreements to change behavior, examining lifestyles, and questioning. It's not enough to simply "grow" and become a "better person." You must define what a better person is. You must decide in which direction you wish to grow.

Utilizing a life coach is one of the best decisions you will make. Our sessions will be confidential and our time together will take place in a judgment-free, supportive and encouraging space to give you the time to reflect and make the life changes you want to make.



coaching disclaimer



Coaching vs. Counseling

Life coaching does not treat mental disorders as defined by the American Psychiatric Association. Life coaching is not a substitute for counseling, psychotherapy, psychoanalysis, mental health care, or substance abuse treatment, and is not to be used in place of any form of therapy.

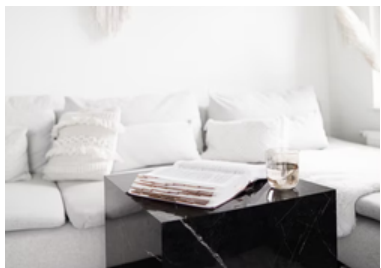
If you are under the care of a mental health professional, I recommend that you inform your mental health care provider.

**You can either experience the
pain of discipline or the pain of regret.**

- Unknown

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The Coaching Process

Coaching is a partnership focused on developing the client's awareness, thinking, patterns, mindsets, and strengths in order to help the client identify and achieve her goals. I will provide the space for you to establish your goals. I will ask thought-provoking questions, offer different perspectives, while helping you achieve what you want most in your life. Everything we discuss will be confidential and my role is to offer support, and encouragement as you do the work required to make the changes you want for your life.



Coaching is a process. Life changes made quickly often don't stick leading to frustration. Sustainable change takes several months. While it's your decision, I would ask that you expect our Coaching relationship to last at least 3 months. The success of the coaching engagement depends upon your commitment and openness to the process.

What to Expect From Me



- I will honor the time that we are together and will maintain confidentiality.
- I will pray for you and use biblical wisdom to help you get unstuck.
- I will not judge you. We all have a past and make mistakes. Judgement serves no purpose in growing.
- I will help you investigate your mistakes and setbacks from all sides in an effort to learn lessons, but never judge you or rub your nose in them.
- It is not my job to change you. I will help you gain clarity and take action in your life.
- I will encourage you and celebrate your “wins” with you.
- We will concentrate on what is working in your life and how to create more that will work for you.
- We will use our time and resources to be solutions focused.

if you have
questions...



melissa@melissalloyd.org

What I Expect From You

how does it work?

"I'm not a product of my
circumstances. I am a
product of my
decisions."

- Stephen Covey

- You will be in a quiet place with no distractions during our calls because this is sacred YOU time.
- You will be on-time, every time.
- You will do the work and take personal responsibility of said work and your past and present life choices.
- You will keep venting your frustrations to a minimum during our sessions to maximize our time on finding solutions and ways forward that get you unstuck in the areas of your life you are focused on right now.
- You will be honest, open, and committed to personal and spiritual growth so that you can meet your goals.
- You will purchase a journal for our sessions so you can take notes on your breakthroughs, our insights, and your homework. Besides a journal, you will purchase a 3-ring binder to keep hard copies of worksheets or other handouts given to you.

if you have
questions...



melissa@melissalloyd.org

get in touch



Business Hours

All sessions are by appointment only. Saturday sessions are limited and I do not take appointments on Sundays.

Session Meetings

Sessions will be conducted via Microsoft Teams, FaceTime, or in-person on a case-by-case limited basis.

Response Time

Client inquiries will meet a 24-hour standard for an acknowledgement and reply to the original message for the duration of the coaching agreement.

packages

01



1:1 Coaching

Meeting: Every 2 weeks

Coaching Type: Individual

Duration: 60 minutes

Cost: \$60 / session

Includes:

- Email or Text "Spot Coaching" in between sessions included.
- Homework Handouts & Assignments

02



1:1 Unravel

Meeting: Every week

Coaching Type: Individual

Duration: 60 minutes

Cost: \$240 / paid monthly

Includes:

- Email or Text "Spot Coaching" in between sessions included.

03



5:1 Unravel

Meeting: Every week

Coaching Type: Group of 5

Duration: 90 minutes each week

Cost: \$300 / paid monthly

Includes:

- Email or Text "Spot Coaching" in between sessions included.
- Monthly 1:1 Personal Coaching Session

how to prepare

Self-deception is the enemy of growth.

Mark Manson

01

Determine the best day and time for your coaching sessions each month. Consider your schedule and the best day and time for you to be fully focused on our sessions.

02

Thoroughly fill out the forms at the end of this packet and give careful consideration to the areas of your life that you want to work on changing.

03

What in your schedule are you willing to temporarily give up to do the work required to change your life? Every time we say "yes" to one thing, we must say "no" to another to give our "yes" the best chance for success.

04

Prayerfully commit to the coaching process. Decide now that you will give your best effort and keep moving forward even when things are hard. This determination will come in handy later.

client resources



WEBSITE

www.melissalloyd.org



BUY *UNRAVEL*

SOLD ON AMAZON
\$19.95



SOCIAL SITES



@MelissaLloydChristianCoach



@the_traumacoach



CONTACT

melissa@melissalloyd.org

coaching

goals

The value of goals isn't in accomplishing them, it's in the direction they provide you.

01

Happiness & Life Satisfaction

02

Increased Self-Worth, Self-Esteem, & Personal Confidence

03

New strategies for coping with life, improved emotional resilience, and personal growth

04

Achieving goals, celebrating victories, and living with passion and purpose.



My Coaching Commitment

- I will honor the time that we are together and will maintain confidentiality.
- I will pray for you and use biblical wisdom to help you get unstuck.
- I will not judge you. We all have a past and make mistakes. Judgement serves no purpose in growing.
- I will help you investigate your mistakes and setbacks from all sides in an effort to learn lessons, but never judge you or rub your nose in them.
- It is not my job to change you. I will help you gain clarity and take action in your life.
- I will keep my word to you.
- I will encourage you and celebrate your “wins” with you.
- We will concentrate on what is working in your life and how to create more that will work for you.
- I believe you have all the answers within.
- We will use our time and resources to be solutions focused.



The Process

Freedom is when you stop letting your insecurities make decisions for you.

@ZOEMAJORMCDOWALL



01

Determine what areas of your life you are unsatisfied with and prioritize which of these areas you want to change first, second, etc.

02

Explore your strengths, weaknesses, past experiences, limiting beliefs, patterns of behavior, mindsets, values, morals, and relationships.

03

Set realistic and achievable goals to begin making the changes you see leading to your happiness and greater life satisfaction.

04

Develop a plan of execution to meet those goals and take incremental action towards those goals allowing for victories, setbacks, and accountability.



client agreement

Before starting our coaching partnership it is important to begin our relationship understanding the coaching process and our specific roles in this process. Please read the Client Agreement and sign at the end that you agree and understand what is expected for this process.

As a client, I understand and agree that I am fully responsible for my well-being, including my choices and decisions. I am aware that I can choose to discontinue coaching at any time. I recognize that coaching is not psychotherapy and that professional referrals will be given if needed.

Life coaching is a relationship between a client and a coach that is designed to facilitate the creation and development of the client's personal goals. The relationship is also designed to develop strategies to carry out a plan for achieving those goals.

An initial assessment will be used to provide valuable information to guide and focus our coaching relationship. An assessment will provide new explanations for behaviors, discover new possibilities, and generate a baseline of information about you, the Client.

You acknowledge and agree that in the course of the coaching services, I may ask questions that are personal, challenging, or disturbing. You also acknowledge and agree that you are fully responsible for your physical, mental, and emotional well-being, and for any actions, choices and decisions made as a result of the coaching. You waive and release any claims arising or results from my questions, suggestions, and advice (or lack thereof) and from actions, choices, and decisions you may make.

client agreement

Life coaching involves all areas of life, including work, finances, health, relationships, education, and recreation. I acknowledge that deciding how to handle these issues and implement my choices is exclusively my responsibility.

Life coaching does not treat mental disorders as defined by the American Psychiatric Association. Life coaching is not a substitute for counseling, psychotherapy, psychoanalysis, mental health care, or substance abuse treatment, and is not to be used in place of any form of therapy.

I acknowledge that I have been completely honest about my health history, mental health history or previous treatments for substance abuse that may impact my coaching relationship. If I am currently in therapy or otherwise under the care of a mental health professional, I have consulted with this person regarding the advisability of working with a life coach and this person is aware of my decision to proceed with the life coaching relationship. I am willing to sign a Release of Information form so that my coach and my counselor may collaborate on my coaching.

I understand that information will be held as confidential unless I state otherwise, in writing, except as required by law to include:

- if I become a danger to myself or someone else
- if I abuse a minor or an elderly person
- if I am involved in a court case against my coach

client agreement

I understand that life coaching is not to be used in lieu of professional advice. I will seek professional guidance for legal, medical, financial, business, spiritual, or other matters. I understand that all decisions in these areas are exclusively mine, and I acknowledge that my decisions and my actions regarding them are my responsibility.

Coaching will be an ongoing relationship that may take a number of months, although either party can terminate the relationship at any time; however, one more session after the client decides to quit is recommended. Some or all of the coaching may be through telephone contact.

Coaching can involve brainstorming, values clarification, the completion of written assignments, education, goal setting, identifying plans of action, accountability, making requests, agreements to change behavior, examining lifestyles, and questioning.

Coaching is most effective when both parties are honest and straightforward in their communication. Except as expressly provided in this agreement, there are no guarantees or warranties, express or implied as to the outcomes of my coaching.

I understand Melissa Lloyd is a Christian Life Coach and holds a Biblical worldview.

You may text (preferred) or email between sessions if you need “spot coaching”, have a problem, or can’t wait to share a win with me. I enjoy delivering this extra level of service. I do not bill for additional time of this type, but I ask that you please keep the extra calls to five or ten minutes. When you leave a message, let me know if you want a call back or if you are just sharing.

client agreement

Prior to beginning, both parties agree to the: fee of \$60 per 60-minute session paid in full at the beginning of each session unless client has chosen a coaching package and payment is due at the beginning of each month for the agreed upon package sessions. Sessions going over 50-minutes will be billed in 15-minute increments and paid in full at the end of the session. Desired forms of payment include Zelle (melissa@melissalloyd.org), Venmo (@MelissaLloydMinisties), or cash.

All sessions begin at the scheduled time of the coaching session and will not extend beyond 60 minutes for any late starts due to client delay.

Client will notify coach 24 hours in advance of cancellations for scheduled calls or sessions understanding the coach will bill for missed appointments. I agree to make every effort to reschedule sessions which are cancelled in a timely manner.

Coaching Communication

Coach meets with client via Microsoft Teams, FaceTime, or on a case-by-case limited basis Face-to-Face.

Coach responses to client inquiries will meet a 24-hour standard for an acknowledgement and reply to the original message for the duration of the coaching agreement.

- Emails, texts, or calls will be returned Monday through Friday during the hours of 9am CST and 6pm CST.

client agreement

- Emails, texts, or calls on Saturdays may not be returned until Monday at the discretion of the Coach.
- Calls between sessions should be limited to no more than 10 minutes unless noted differently in an agreed upon coaching package.
- Emails, texts, or calls on Sundays will not be returned until Monday.

FAQ's

What is a Coach?

Coaches help people like you grow faster, perform at higher levels, understand themselves more deeply, and live with greater purpose and fulfillment. In the same way that a personal trainer helps a pro athlete maximize performance, a personal coach can help you get the most out of life.

What Happens in a Coaching Appointment?

Coaching appointments begin with a chance for you to report on your progress and end with a clear set of action steps you choose to take in the week ahead.

What Can I Work On With a Coach?

The answer is, “Just about anything!” Increased performance, discovering your destiny, getting organized, regular exercise, slowing down, turning a dream into reality—you only need to answer the question, “What do I want to accomplish?” Coaching works in just about any area because it is about helping you learn.

Coaches are change experts who help you find the solution for your unique situation. So if you want more from life—more growth, greater purpose, maximum performance—look into what a personal coach has to offer.

What Can I Expect From Coaching?

With support, encouragement, and accountability from someone who believes in us, we can do far more than we'd ever accomplish alone. A coach helps you stay on track, overcome obstacles, and convert your “want-to's” into concrete steps that are put into your schedule.

Achieving success in life is not nearly as important as our definition of success.

frequently asked questions

Testimonials

She has a true passion for helping others dig deep and find much needed healing for their souls and in their lives. She speaks truth, she is real and is transparent as she shares her life experiences. She is a great mentor, honest, a good listener, knowledgeable and truly helps you find your joy and peace.

jenny

I cannot thank you enough for your patience, guidance, and encouragement. You have made a positive and lasting impact on my life. Without your help and insight I don't know that my journey would be where it is. I wanted to say I appreciate you and I am blessed to have met you. God bless!

L.H.



”

Melissa has been blessed with a servant's heart and a true love for helping people overcome obstacles! I have seen her gift in action through listening to her words of encouragement, receiving beautiful uplifting prayers, and of course her amazing skill of teaching and sharing God's word is truly heartfelt! Melissa's passion is rooted in helping others find healing, freedom, and confidence in who God has created them to be. I am blessed to call her my friend and my sister in Christ. Melissa, I love your heart for Jesus!

Linda

Coaching with Melissa



She truly has the passion for people and helping you see how to grow yourself spiritually and mentally. She played a huge part in saving my LIFE, literally. She helped me to see my past didn't define me and I was a chosen women of the most high. She helped me to understand how to let go of my negative outlook and focus on what I needed to unlock the new ME.

next Steps



01

Choose a coaching package.

02

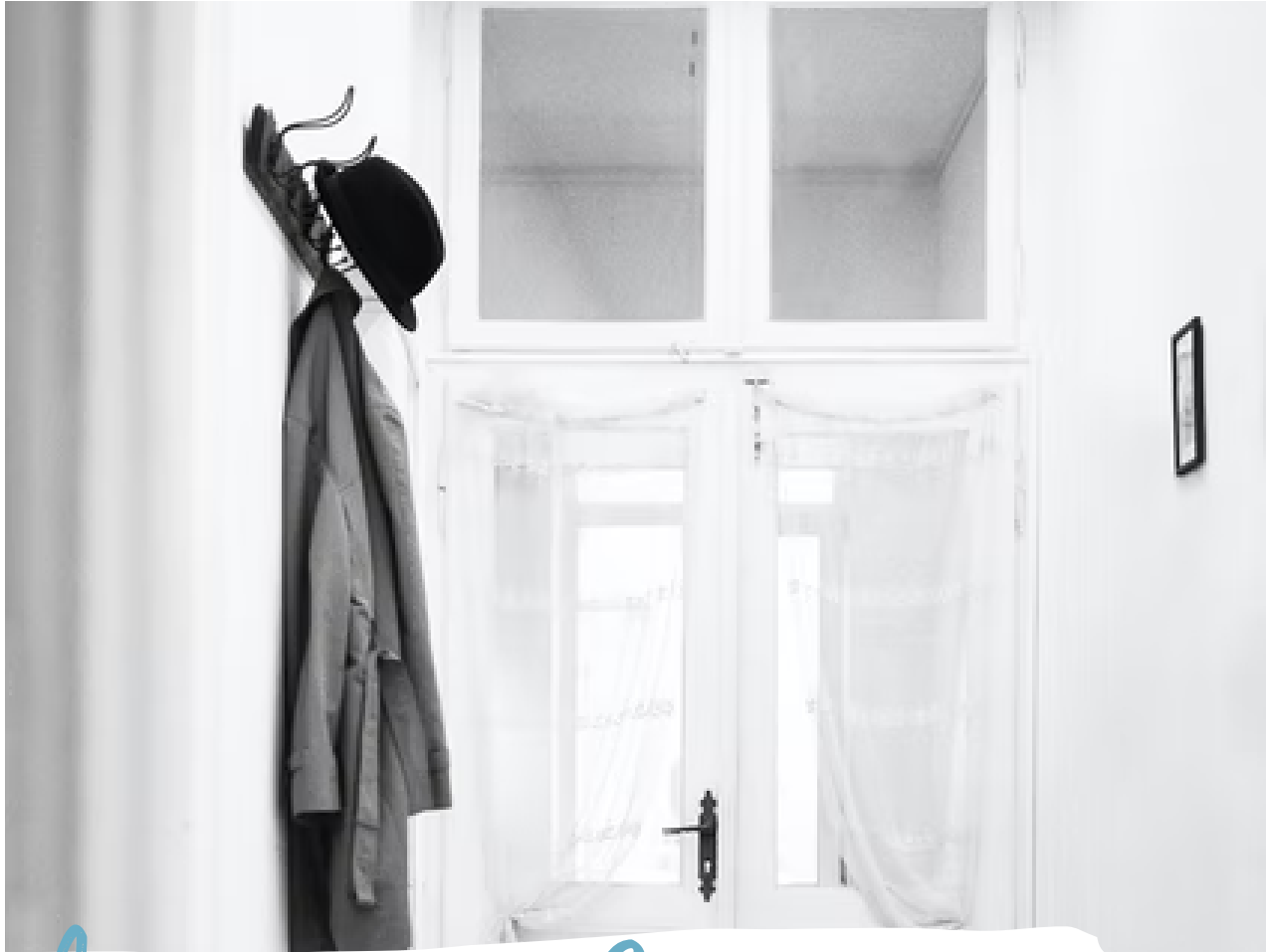
Schedule your first coaching session
& pay the session fee.

03

Fill out the Coaching Agreement
and New Client Questionnaire at
www.melissalloyd.org/welcome.

I look forward to working with you and helping you
achieve your goals, get unstuck in life, discover your
purpose, and move forward.

xoxo



Thank you!



www.melissalloyd.org