

**Caylie Price**  
**Bachelor of Commerce**

I began my career as an assistant property manager before becoming an agribusiness analyst in the banking sector. This gave me the opportunity to work with farmers dealing with drought to ensure the ongoing viability of their businesses while communicating up-to-date industry information through the electronic newsletter I created.

This role provided great exposure to the community spirit of regional and remote areas and resulted in me becoming involved in both agribusiness forums and volunteering. At the same time, I chose to return to study, commencing a Graduate Diploma of International Business and Certificate IV in Life Coaching. I really enjoyed the networking and social interaction the forums, volunteering and study provided. As a result, I decided to explore a new and exciting career path.

In 2008 I joined Nhill Neighbourhood House as Centre Manager. I have been working to network within the local community to understand the interests and issues of Nhill and surrounding citizens; ensure community development through providing programs and activities directly linked with identified needs; provide operational management to ensure smooth delivery of our objectives; and to secure funding for enable the sustainable future of the House.

Having lived in metropolitan and remote areas I appreciate the opportunities and challenges of both. As a coach, I love providing encouragement and support to people focusing on achieving their best personal and business life whatever the starting point.

I currently live in the Wimmera with my partner enjoying the wonderful characters and opportunities of the region.

## Coaching Guidelines

Coaching is the premier method of making sustainable changes to increase performance in all aspects of one's life. Your decision to proceed with coaching demonstrates commendable commitment to achieving your best life.

Coaching Sessions	Coaching sessions are 30 minutes in length and conducted via telephone (client initiates the call).
Coaching Hours	Monday to Friday 4p.m. - 8p.m. (Australian Eastern Standard Time)
Email	Email between sessions is unlimited. Emails are answered within 24 hours weekdays and 48 hours on weekends.
Scheduling Policy	Re-scheduling a coaching session requires 24 hours notice. If you miss a session with no notice or less than 24 hours notice you forfeit the coaching session. If I miss a session with less than 24 hours notice, the session will be re-scheduled at no extra cost and you will receive an additional session free. Coaching sessions begin and end at the appointed times. If you are late for a session it will still end at the appointed time.
Coaching Preparation Form	I will provide you with a coaching preparation form designed to help you clarify your thoughts and to provide a structure for our coaching session. I ask that you complete it and send it to me via email before each session.
Initial Session	My coaching methodology has a strong focus on identifying and building on strengths. Our initial session will focus on the results of the Values in Action Signature Strengths Survey.
Coaching Ethics	I operate at all times within the parameters of the International Coaching Federation's Ethical Guidelines at all times. Details of this code can be found at: <a href="http://www.coachfederation.org/ICF/">http://www.coachfederation.org/ICF/</a>

## **Coaching Commitments**

### **Coach's Commitment**

- I will be truthful and direct with observations and feedback.
- I will listen without judgement and respect your work decisions.
- I will focus on identifying and building on strengths to encourage peak performance.
- I ask you to take action in between sessions.
- I will keep all information confidential including not disclosing to others that you have undertaken coaching without your permission.
- I will not act upon or in any way benefit from any commercial information shared in coaching sessions.

### **Client's Commitment**

- To be willing to explore new perspectives.
- To be open to receiving feedback and acknowledgement.
- To take responsibility for your own work. To recognise that while the coach may make suggestions, the responsibility for change is ultimately yours.
- To be fully present during coaching sessions.
- To be committed to moving forward with goals.
- To adhere to the scheduling policy by giving notice if you have to reschedule a session.

## **Coaching Package**

### **Telephone Coaching**

Three 30 minute sessions            \$300/month

Client initiates the phone call. Package includes unlimited email support in between sessions.

Sustainable changes require a minimum of three months coaching. I ask you to make the commitment to yourself and me. I require upfront payment in full to commence coaching.