



NEW CLIENT

WELCOME PACKET



COACH KATE CONWELL

WELCOME



Hi Beautiful!

I AM COACH KATE! WELCOME! I KNOW WHAT YOU'RE FACING IS HARD, BUT I AM SO GLAD YOU ARE HERE! YOU HAVE TAKEN A BIG STEP BY INVESTING IN YOURSELF! AND YOU ARE ABSOLUTELY WORTH IT!

We are going to work together to get you from where you are now, to the new future you want to build. A future full of confidence, peace, strength, and joy!

That may feel impossible right now, and it's important to remember that healing is a journey, not a destination. Many years later I'm still learning and growing, but I am grateful for the way the pain transformed my life. That's what I'm here to help you experience too!

Let's do this!

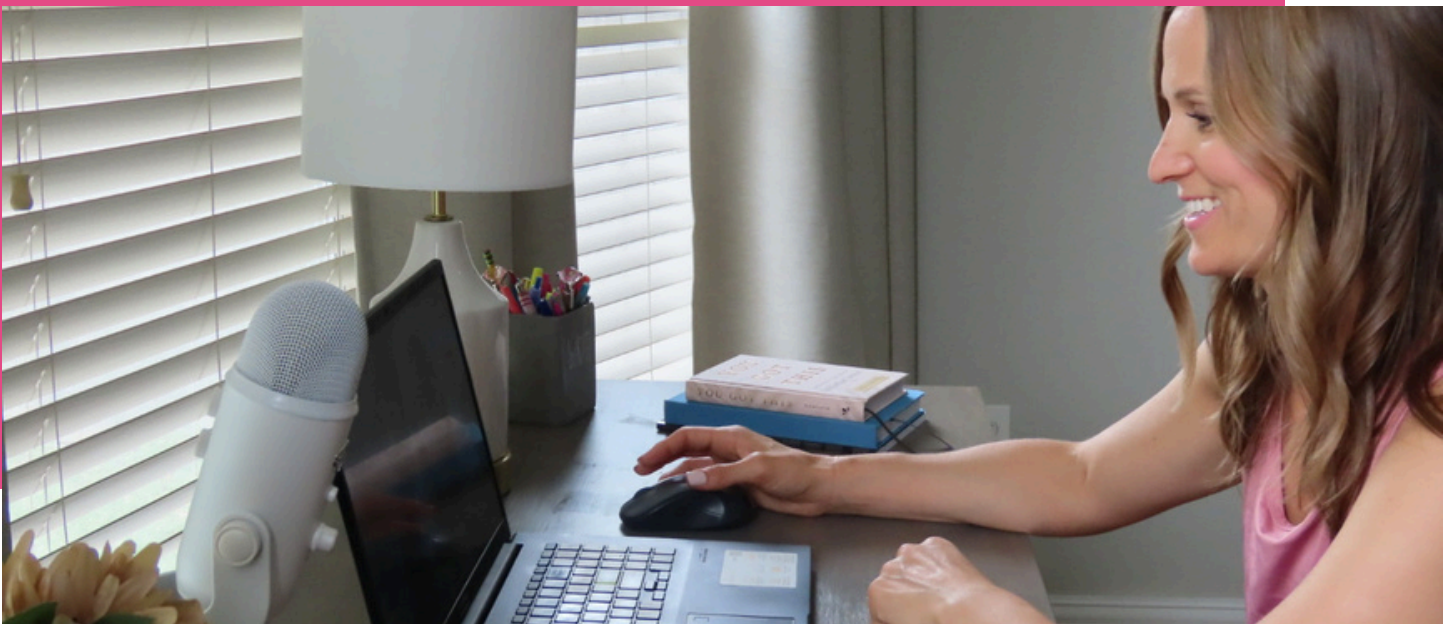
COACH KATE

*"He heals the brokenhearted and binds up their wounds."
Psalm 147:3*

WHAT YOU CAN EXPECT FROM ME AS YOUR COACH

GUIDANCE AND TOOLS FROM SOMEONE WHOSE BEEN THERE

- ✓ **I WILL DO WHAT I SAY I AM GOING TO DO.**
Trust and Integrity are a big part of relationships and that is BIG DEAL to me! I understand that trust doesn't come easy right now, but you will see that you can depend on me!
- ✓ **I WILL BE ENCOURAGING**
You are in the midst of something extremely difficult and it can be hard to have hope. Attitude and mindset are things you can control and change and my goal is to empower and encourage you in those areas every session.
- ✓ **I WILL BE HONEST AND UPFRONT WITH YOU**
I won't sugar-coat it. I am not a counselor, I am your coach. A coach's job is to bring the best out of you even when it might be a hard conversation. You can count on me to speak truth and challenge you, always in love.
- ✓ **I WILL BE HERE TO SUPPORT YOU EVERY STEP OF THE WAY!**
No matter what happens along the journey we will deal with it together. As long as you are willing to do the work, I will be right beside you, believing in you and celebrating every baby step toward healing!



WHAT I EXPECT FROM YOU



DO WHAT YOU COMMIT TO DOING

The most important part of coaching is action. After every session, you'll have "homework" items that you and I agree on. Following through on these is so important for you to make progress and build confidence and trust in yourself. No matter what, *try them*. Success or not...it is part of the journey.



BE COACHABLE AND WILLING TO BE TRANSFORMED THROUGH THE PROCESS.

Infidelity is life-altering...we are working toward positive transformation and that requires getting uncomfortable and trying new things. Keep an open mind along the way.



UNDERSTAND THERE'S NO MAGIC BUTTON

When dealing with infidelity there's no easy way through it, it's a deep pain. I will be here to support and encourage you, but I'm not a fairy Godmother. The amount of change you experience will mainly come from your decision to do the work.



BE PERSISTENT

Some things happen fast but most changes will take time. Stay the course! Be patient and give yourself grace. You and your healing are worth the work! Commit to the process.



BE ON TIME AND PREPARED FOR OUR CALL

We know "LIFE HAPPENS" and sometimes a call will need to be rescheduled. Try to make sure you reschedule with at least 24-hours notice. For each session, be in a quiet place, prepared to focus, and ready to invest in your healing.



FIRST MEETING CHECKLIST

PICK UP A NEW JOURNAL FOR YOUR JOURNEY

There will be lots of powerful moments. We want to steward those moments with intentionality. You will also want to refer back to the journal often. How do I know? Because other women have told me so!

FAMILIARIZE YOURSELF WITH THE CLIENT PORTAL

Here is your first time taking action! [Login at journeybeyondbetrayal.com](https://journeybeyondbetrayal.com) and take a look around at what's available to you. Let's get this started!

MAKE SURE MY EMAILS ARE NOT IN YOUR JUNK OR SPAM FOLDER

I use email to send you resources & notes and homework you'll need for the coaching sessions, so I want to make sure you get it! I also send community info and encouragement between sessions.

PUT OUR SESSIONS ON YOUR CALENDAR

We will schedule your next 2-5 sessions during our first meeting together. Please prioritize your healing by putting these dates on your calendar.

TOOLS & RESOURCES

01 JBB RESOURCE LIBRARY

There are valuable videos and PDFs available to help with your healing journey in the “Library and Resources” Product. I may use, or reference these, in our coaching sessions.

02 MARCO POLO

This is a video messaging app we can use between sessions as needed for urgent support or quick questions.

03 BOOKS & VIDEOS

If you are looking for additional resources to educate and empower you on this journey just ask - I have several I recommend.

HOW TO REACH ME

General Availability: M - F 9:00am - 5:00pm CST

Email	kate@journeybeyondbetrayal.com
Marco Polo	app for connecting between sessions
Website	www.journeybeyondbetrayal.com

An open notebook with lined pages is shown from a top-down perspective. The notebook is open to a page with the handwritten text 'Big Journeys Begin With Small Steps' in pink cursive. To the left of the notebook, a green succulent with thick, rounded leaves is partially visible. The notebook and succulent are resting on a light-colored wooden surface with visible grain and some staining.

Big
Journeys
Begin With
Small
Steps

THANK YOU!

Your healing is personal to me as your coach! I am so honored to be partnering with you on this journey. I know this is not easy and I don't take this lightly.

I look forward to seeing all that God has in store for our time together.

XO, Coach Kate

WWW.JOURNEYBEYONDBETRAYAL.COM