



BIRGIT KERSTING
LIFE & FOCUSING COACH

CLIENT INFORMATION

Dear Client,

I would like to use this information to explain to you the general working arrangements to which I am committed to according to ICF (International Coaching Federation).

The purpose of my practice is to help you find your personal paths to your best life. According to my training and based on my experience, I accompany you in the unfolding of your abilities. We, you and I, work together in partnership on this task.

The main accent of my work is coaching, in order to promote personality development and individuality and to teach spiritual self-awareness. For this I draw on many trainings. Essential is the training as a personal counselor (Impulse, Wuppertal), the training as a health practitioner (DGAM) and the training in Focusing (DFI, Klaus Renn, Würzburg). Since 2022 I am a Wayfinder Life Coach according to Martha Beck. My knowledge of the I Ching comes from the books and seminars of Carol Anthony and Hanna Moog.

I work as an online coach. For this I use the web-based software Zoom on your request WhatsApp or a landline. On site in my practice room in Niederkrüchten there is also a couch for energetic work, it may happen that I touch you - with your permission.

PRINCIPLES OF COOPERATION

For me as a coach and health practitioner, the principle of personal responsibility and free decision. You (client) decide how far you want to go in your experiences and exercises.

The principle of personal responsibility also means that if you have a mental or physical illness or disability, you are encouraged to consult with professionals (such as a doctor or therapist) beforehand and, if necessary, shape your active participation accordingly.

My qualifications and training include consideration of general precautions, but not recognition of specific hazards. I am not qualified to diagnose mental illness, unlike a therapist. Coaching is not therapy or counseling, nor do I give advice, nor is it a substitute for psychotherapy, psychoanalysis, or other mental and physical health treatments.

You should know and keep in mind that even with gentle exercises and practices, physical and psychological stresses may arise. In spite of your and my prudence, reactions and complications may arise that require medical and therapeutic treatment. When we talk about diseases and illnesses during the work it is always done to expand knowledge or to make the connection to coaching and health practical work clear.

MY COMMITMENTS

As a coach I am entitled to a fee for my services.

You can find my binding rates under „Calendar/Tariffs“ on my website. Our agreement can be canceled by you at any time, as well as by me.

Payment is made via Paypal upon booking.

Appointments can be rebooked up to 24 hours before the agreed appointment via the Calendly app. After that, the booking is considered to have taken place, expires, and the fee remains due. There are no refunds or credits for future hours.

Appointments that have to be canceled on my part will, of course, not be charged to you.

For coaching appointments outside of my practice space, reasonable travel and, if applicable, lodging expenses will be charged in addition to the fee.

Now I am looking forward to our creative cooperation,

Birgit Kersting