



FaB 2010 Welcome!

I am so pleased that you've joined the FaB 2010 programme and look forward to working with you and having some fun along the way! I want you to get real results within the six months that we spend together, and so I want to get the "foundations" firm.

I'd like to get to you know you a little more before we begin and show you how we will work together over the programme.

My aim is to make you feel comfortable yet inspired during each webinar and coaching call.

You will find in the members' area the following documents:

Coaching Agreement

In the FaB members' area you will be able to download your Group Coaching Agreement. This sets out our "rules of conduct" as we work together in a group coaching setting. Each member of the programme **must read and sign this document** before joining the programme calls.

The Balance Questionnaire

This will help me to get to know you and what you want to get out of the programme, what your blockers are and where your natural brilliance shines through.

Please fill this in and return to me, preferably by email, although if you prefer to write rather than type, you can send it in the post with your agreement. If you send a hand-written version, don't forget to make a copy for yourself first.

Programme Fees

If you haven't paid your first instalment via paypal, you have three options:



1. If you wish to pay by Standing Order, you will find a Standing Order Mandate. Print it off, fill it in and send it to your bank. Note that , if you haven't already paid your first instalment via paypal, you'll need to send a cheque for your first month's payment.
2. Let me know if you wish to be invoiced in 6 monthly instalments in advance. You can then pay by BACS or cheque.
3. If you prefer to pay in one instalment, you can send a cheque made payable to Amanda Alexander Associates LLP and send it with your coaching agreement.

If you have a photo or two of you or you with your family, then I'd love you to send it to me. I like to put a face to a voice. Purely optional!

And finally...

Any questions, concerns, special requests, just shout! I'm here for you for the duration of the programme and I want you to make the absolute most of FaB 2010 for Working Mums.

Warmly

Amanda x



Group Coaching Agreement

Please print, read and complete two copies of this document as indicated, ensuring that you sign both copies and then send to:

Amanda Alexander, 5 Orchard Way, Kelsall, Cheshire, CW6 0NY.

I will then sign both copies and return one to you.

Name	
Address	
Email address	
Telephone Number	
Mobile Number	
Date of Birth	
Occupation	

About the FaB 2010 programme

- I understand that I will have access to the complete series of 6 webinars and 6 coaching calls from February to July, both live and recorded for me to download and listen again whenever I choose.
- The webinars will take place on the following Mondays at 8.15pm and each one will last approximately 60 minutes:
 - February - 8th
 - March - 8th
 - April - 12th
 - May - 10th
 - June - 7th
 - July - 5th
- The group coaching calls will take place on the following Mondays at 8.15pm and each one will last approximately 60 minutes:
 - February - 22nd
 - March - 22nd
 - April - 26th
 - May - 24th
 - June - 21st



- July - 12th
- ❖ Action Accelerator Days will take place on two Saturdays and two Thursdays, provisionally scheduled as follows:
 - Thursday 4th March
 - Saturday 17th April
 - Thursday 20th May
 - Saturday 26th June
- ❖ The Strategic You Retreat Day is pencilled in for Saturday 8th May from 9am to 4pm.
The venue is Manley Mere. See www.manleymere.co.uk for details
Manley Mere Sail Sports, Manley Lane, Manley, Frodsham,
WA6 0PE
- ❖ The group coaching calls will take place using a conference line facility, using an 0844 (local UK rate) telephone number that can also be accessed by participants outside of the UK. Please refer to www.conferencegenie.co.uk for a full list of the cost of calls. From the UK, our evening and weekend calls will be 2p per minute.
- ❖ Webinars will cost you nothing to access, providing you have a broadband facility. You will also have the option to dial into the webinars using a normal telephone, should you wish. It's worth having a phone handy as a back up, as sometimes Voice over IP (voip) calls are not as good quality as landline calls. For our webinars, ideally you should be in front of a PC or laptop.
- ❖ I understand that each of the group coaching calls and webinars will be recorded and transcribed and may be used as the basis of a book or an information product in the future. By participating in FaB 2010 I understand however, that only first names will be divulged during the calls. I acknowledge this and give permission for the recording and subsequent use of the group calls.
- ❖ All exercises, resources and tips will be placed in a private area on the Coaching Mums website, where I can download and save them. These materials are solely for my own use and may not be copied, reproduced or shared in any way that infringes copyright.
- ❖ I will come to the calls with a "willing to play" mindset. By making this commitment to be open minded and willing to explore new possibilities for my life as a working mother, I understand that I will gain much more from the coaching programme.
- ❖ I am aware that coaching is no way to be construed as psychological counselling or therapy of any type. Whilst I have a guarantee on this programme to have a set of techniques and tips to help me get more fulfilment and balance, I accept that the nature of coaching is that I enter into coaching with the full understanding that I



am responsible for creating my own results.

Notwithstanding this, I understand that I'm purchasing the programme at no risk, because it comes with a money-back guarantee as follows: If I attend all the calls and complete my fieldwork, and I don't feel that I have increased my awareness or learnt a set of techniques to help me feel more fulfilled in my life, I will let you know within the first month of FaB starting and I will receive a refund of the programme fees that I have paid.



ERROR: stackunderflow
OFFENDING COMMAND: ~

STACK: