

# WAYFINDING WITH WRITING ROADS

## The Intake

### WHAT WAYFINDING IS

Wayfinding quite simply helps you find your way. But here's the thing: I believe with all my heart that you already know the way – it may have been lost or obscured, or just made slightly blurry – but I know you know it. My role as a Wayfinder is to help you recover it, to shine light on the path, to remove the obstacles that are blocking your line of sight. I do this through gentle - but firm - inquiry, story, and illumination of what you tell me, but might not be able to hear. I will help you get back to your essential self so that you can explore your truth and then live it with integrity.

### WHAT WAYFINDING IS NOT

- Wayfinding/Coaching is not therapy, counseling, consulting, or advice giving and is not a substitute for psychotherapy, psychoanalysis, mental health care, substance abuse treatment, legal, medical or other professional services.
- Wayfinding/Coaching does not prevent, cure, or treat any mental disorder or medical disease and it is the Client's responsibility to seek such independent professional guidance as needed.

### WHO IS JULIE ROADS / WRITING ROADS?

I have been trained in Wayfinding by Martha Beck (MBI) as a willing and thrilled student of her Wayfinder Life Coach Training program. I am a 500-hour Professional Level Kripalu Yoga Teacher – and I taught yoga and led & designed well-being, discovery, and yoga workshops for several years at Kripalu Center in Lenox, MA. I am the Chief Creative Officer at an agency (within a massive communications company) that designs and builds live meeting experiences for blue chip companies. I earned a master's degree in Education (which more accurately was a degree in Communication). I live on the Island of Martha's Vineyard in a cottage in the woods with the love of my life and two teenagers (when they feel like it). In my spare time, I am an ice farmer – which means I make ice in our freezer all day in preparation for my daily ice bath – a practice which has changed my life. Finally, and he would say most importantly, after a lifetime of being a dog person, I was ensorcelled by a cat named Smudge who is now my lionized overlord and the cutest thing you've ever seen.

### SCHEDULING INSTRUCTIONS

- How to book a session
  - Sessions will be booked over email
  - I will provide you with multiple options to choose from
  - Please provide your time zone
- Cancellation and rescheduling policies
  - Shit happens!
  - Please provide as much notice as possible if you need to cancel or reschedule
  - If this occurs more than 2x, we will re-evaluate if coaching is the right thing for you right now

### SESSION INSTRUCTIONS

- Where sessions will take place
  - Sessions will take place over Google Meet, Google's video conferencing platform
  - Google Meet works just the same as Teams, Zoom, etc.

- You may need to provide camera and microphone permission the first time, we'll work it out
- How long will the session last
  - Sessions will last for 60 minutes max (sometimes they end early if we feel complete)
  - Please be on time for the session (we will start and end on time!)
- How you should prepare
  - Please fill out the questions below and return it to me
  - It's okay if you leave some of the 'bigger' questions blank – maybe you are seeking coaching to explore those very questions
- What you might bring to a coaching session
  - Bring challenges, quandaries, successes, missteps, confusions, joys, aspirations (you get the picture) that you want to explore

### **GUIDELINES AND BOUNDARIES AROUND HOW YOU CAN CONNECT WITH ME BETWEEN SESSIONS**

- Please feel free to email ([julie@writingroads.com](mailto:julie@writingroads.com)), text (413.281.6013) or Whatsapp me
- I use Do Not Disturb regularly, so send your missives whenever – and I will respond as soon as I'm able (likely within 24-48 hours)
- Please don't call unless we decide that is okay over text/email first

### **PAYMENT INSTRUCTIONS: WHEN AND HOW CLIENTS WILL PAY**

- I will not be accepting payment at this time for our sessions together as I am still in training
- This is temporary and I will be charging once my program is complete
- I hope to build a long lasting coaching relationship with you, but you are under no obligation to make that transition with me

### **PLEASE FILL OUT THE QUESTIONS BELOW AND RETURN THIS DOCUMENT TO [julie@writingroads.com](mailto:julie@writingroads.com)**

NAME:

EMAIL:

PHONE:

- When is your birthday?
- What's a name, phone number, and email for an emergency contact?
- Which aspects of your life are most energizing or supportive?
- Which aspects of your life are most frustrating or draining?
- Who's on your personal support squad?
- What, if any, mental health or other coaching support are you currently receiving?
- Name three specific things you're hoping to get from this coaching engagement.
- What are a few challenges you're currently facing?
- What's your greatest fear?
- If you could wave a magic wand and change anything in your life, what would it be?
- If you had no responsibilities and all the money and unlimited freedom, what would you do, who would you be?

- How do you usually feel in your everyday life? How do you want to feel?
- Is there anything else you want me to know?