



Sawubona Ranch Agreements

10013 S McKinney Road, Littleton, CO 80127

Annie@SawubonaRanch.com

720-468-0068

The Sawubona Ranch Promise

To make a difference with integrity and empathy for those ready to stand with courage to reconnect with all you are and all you are meant to be through Equine Gestalt Coaching. I am dedicated to helping you rediscover your passions, heal pain from the past, embrace your strengths, and see your gifts.

You are assured complete confidentiality in all you share with Annie as a client of the Ranch.

Your Promise

I understand life is a continual process of change and I accept this opportunity to examine my life and choices. I will accept help from my coach and horse, to design the most positive future for myself.

- I will apply full focus and presence of self to the Sawubona Ranch process and experience.
- I will be conscious of only making agreements that I can, and will, keep.
- I will practice respectful and receptive communication by deeply exploring the meaning behind the words I speak and hear.
- I will share my truth, as well as welcome and respect the truth of others.
- I will maintain a positive approach and outlook during sessions, understanding that all present have the same intention and goal of creating joy in the relationships with self, others at home, at work and life in general.
- I will take ownership of my experience using “I statements” with respect to my thoughts, feelings and actions.
- I will respond, not react, to the challenges in situations that occur during the experience.
- I will acknowledge my progress and show appreciation to the contributors of it.
- I will accept the appreciation shown to me, and celebrate both small and large successes for myself and others.
- I will wholeheartedly cooperate with those sharing the experience, and appreciate the value of how methods can differ, yet can still achieve the same goal.
- I will refuse to allow, or perpetuate, negativity in the experience. I will not indulge myself or others in comments or discussions which do not promote positive progress.
- I will maintain the mind-set that failure is not possible, and view any perceived mistakes as opportunities to understand myself and others better.
- I will fully submit myself to the experience, and be devoted to enjoying the time I spend in the experience.

Printed Name

Signature

Date