



Alchemy Coaching & Consulting – The Right Solution, Right Now.

**I want to welcome you.**

*“If you want to be successful, do what successful people do.”*

Dr. Edward R. Zech Captain U.S.N. Cardio-Thoracic Surgeon.

**This is not therapy or counseling. We will be present and moving forward.**

In an effort to help you make informed decisions about your Coaching or Consulting experience, I would like to tell you about my background and qualifications as a Coach and a Consultant.

### **EDUCATION:**

Masters of Arts in Counseling and Psychology, Dallas Baptist University, Dallas, TX. BA in Psychology, BS in Psychology from Dallas Baptist University, Dallas, TX. In addition, I spent 8 years in the military on active duty in the USN/USMC as a Hospital Corpsman, Field Medic, Paramedic, and Surgical Assistant / Technician. I am a Certified Life Coach through the Certified Life Coach Institute, accredited through the ICF (International Coach Federation.) I am a Certified Business Consultant through the Business Training Institute, accredited through the CPD (Continuing Professional Development Certification Service.)

### **METHOD OF PRACTICE:**

I am an outcome oriented person and professional and I hold reverence for the processes and systems that bind people together and connect them to both desired and undesired outcomes. I want to help you celebrate and replicate your successes. I want to help you learn from your experiences and grow in authenticity and understanding. Whether you're an individual or CEO or you're a team, group, or couple, I will come alongside you and together we will problem solve, communicate effectively, resolve conflict, and relate to others in the most genuine and authentic way.

### **HOW I SEE YOU:**

You are stronger than you think you are and you are not broken. The negative things in your life or business aren't "happening to you," they are simply problems to solve. You possess everything you need to achieve your goals, intentions, wishes, and desires. I want to help you. Often, as in Alchemy and Bio-Chemistry, we are the Rate-Limiting Step or Factor in our lives. Let's change that.

Jeremy J. Lanning MA, CLC, CBC  
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[www.alchemycoachingandconsulting.com](http://www.alchemycoachingandconsulting.com)

817-703-7469



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**GOALS, RISKS, AND BENEFITS:**

There is always a risk of discomfort and frustration from Coaching & Consulting. Often things can feel worse as they get better. Pema Chödrön once said that “*when we resist change, it’s called suffering.*” Progress is often harder to deal with than stagnation or remaining “stuck.” This is the refining process. The transformation. My goal is to partner up and collaborate with you. I am direct, to the point, and I do not like participating in endeavors that aren’t effective.

**LENGTH OF ENGAGEMENT:**

Length of engagement is very difficult to predict. Each individual or group has unique strengths and weaknesses, and each problem is different from the next. It is my goal that each Client or project will finish in a timely manner, without unnecessary waste of resources. If I am going to ask you to part with your time and money, I am going to ask you to expect results.

**IMMEDIATE EMERGENCY RESOURCES:**

**\*\*Because I am working with people and being human is quite unpredictable, I always include emergency resources in everything I do. I am making no assumptions or suggestions.\*\***

- National Helpline, Mental / Substance Use Disorders: 1-800-662-HELP (4357)
- National Suicide Helpline: 1-800-273-TALK (8255) **Veterans Press 1**
- National Domestic Violence Hotline: 1-800-799-SAFE (7233) – 1-800-787-3224 (TTY)
- National Government Emergency Business Resources: <https://www.ready.gov/business>
- National Emergency Preparedness: <https://adata.org/emergency-preparedness>

**EMERGENCIES:**

During office hours, you can reach me at 817-703-7469. In the event of a genuine, non-safety related emergency, you can contact me at 817-703-7469. I always accept emails at [info@jeremyjlanning.com](mailto:info@jeremyjlanning.com) . In the event of a safety emergency call 911 or contact your physician, your local emergency room or the local police department when necessary and appropriate. It is your responsibility to seek the appropriate resources in emergency situations.

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Coach / Consultant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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