



EMPIRICAL APPLICATIONS INC

Life Performance Coaching Services Provided by Joshua Klapow, Ph.D.

Overview

It's what we do or don't do every day. The small decisions, actions, and interactions often can have an enormous cumulative effect on our lives. When emotions, thoughts and actions are functioning in unison the result is better performance. The ability to optimize emotions, cognitions and actions leads to better decision making, reductions in stress, improved focus and concentrations, and overall improved well-being. Optimizing performance works best when an individual can make incremental changes in "real time" in their daily lives. Unlike psychotherapy, which focuses on a weekly visit to address challenges centered on a psychological or psychiatric diagnosis, performance optimization focuses on assisting the individual in real time by leveraging technology.

Often people find themselves in a position where family, colleagues, and friends are not the most appropriate individuals to share struggles with. Time is a precious commodity, and any given day may either function well without problems or be a struggle with the need for guidance. Performance optimization places a highly skilled, highly trained doctoral level psychologist in the client's life. The psychologist is not there to provide psychotherapeutic services.

The psychologist is for all practical purposes an optimization coach. The client has access to the psychologist at any time via phone, email, or text. In the performance optimization model, the client gains access to an individual who understands human behavior, corporate and business practices, family dynamics, and the psychophysiological processes that may reduce efficiency in decision-making, may cause unneeded and unintended stress, and may reduce the overall well-being of the individual. In performance optimization, the client has access to a professional who can help maximize their internal resources to function better at work, home and in life. This approach allows the client to make necessary adjustments and changes in their life as

needed and when needed. It provides a confidential, personalized and tailored experience that sits “outside” of the health care delivery system, but “inside” the client’s true daily experience.

General Areas Covered

Lifestyle change

Health and wellness improvement

Relationship coaching

Stress management, life blend refinement

Communication (relationship, parenting, professional)

Life transitions (work, relationship, parenting)

Life design consultation (goal setting, life plan development)

Crisis communication, crisis transition coaching

Life Performance Coaching Services

Performance Packages

Package #1

3 - One hour performance coaching sessions

6 - Fifteen-minute check in sessions

Unlimited brief text or email communication

Package #2

6 - One hour performance coaching sessions

15 - Fifteen-minute check in sessions

Unlimited brief text or email communication

Terms and Conditions

1. Coaching and check-in sessions will be conducted virtually to accommodate the client's unique, busy, and changing schedule.
2. Coaching sessions scheduling will accommodate irregular schedules (i.e., early morning, evening etc.)
3. Check-in sessions will be used asynchronously based on need. Sessions may be combined (i.e., 2,15 min sessions) if more time is warranted.
4. No charges for cancellation of sessions up to one hour prior to the scheduled time.
5. Session content will be confidential between client and Joshua Klapow. Confidentiality will not be kept in the occurrence of imminent threat situations. These breaches in confidentiality will be discussed with the client and the client will complete a consent form to attest to agreement.
6. Each coaching package expires after 1 year and hours are not prorated or refundable.
7. A discount will be applied if a second package is purchased.

