

Coaching Agreement

- 1 Coaching is a partnership to explore options, offer support and create action plans. The process helps you achieve your aims and be the BEST you can be!
- 2 As the client you enter into the coaching with the understanding you are responsible for creating your own results.
 - Please agree to:**
 - complete the preparation form and forward it the day before the session
 - arrive promptly
 - be willing to: set huge goals, and achieve them.
 - experiment and try new things.
 - re-visit decisions and assumptions.
- 3 The coaching relationship is not counseling or any type of therapy. It is not appropriate for you if you have an active mental illness (depression, acute anxiety etc) or a substance abuse problem nor if, after a number of sessions, you show no willingness to engage with the process and create movement in your situation.

Confidentiality

- 4 The coaching relationship is confidential. As your coach, I will not at any time use any information given during coaching - except as requested/agreed by you. I will not divulge that a coaching relationship exists without your permission.
- 5 However certain topics may be anonymously and hypothetically shared with other coaching professionals, as part of my own supervision and training.
- 6 I will also ask your permission to add your name to my log of coaching hours that forms part of my professional accreditation with the International Coach Federation. www.coachfederation.org

Duration

- 7 We will decide together how many sessions you want to sign up for.

Rescheduling

- 8 We will let each other know at least 24 hours in advance, if either of us needs to reschedule. If you give less than 24 hours notice, you will be charged.

Additional backup

- 9 Email me whenever you like. If you want to call me between sessions, that's fine but please keep these calls brief (no more than 10 minutes.) You may need to leave a message so that I can call you back; please indicate convenient times and number.

We accept the above

CLIENT:

DATE:

COACH:

DATE: