



Coaching Agreement

Coaching is an ongoing relationship between a coach and a person who desires coaching.

We agree that:

1. Coaching is for people who are basically well adjusted, emotionally healthy, functioning effectively and wanting to make changes in their lives.
2. Coaching is designed to address issues the person being coached would like to consider. These could include career development, relationship enhancement, life balance, decision making and achieving short term and long term goals.
3. Coaching will be an ongoing relationship for a minimum of 3 months. If the client chooses to cease coaching early then there will be a termination fee of \$100.00.
4. In order to change health package, notification in writing is needed one month prior to next bill date.
5. Some or all coaching may be through telephone contact. The length of coaching sessions varies upon health package.
6. To cancel a group or one-on-one session, notice must be done 24 hours prior in order to re-book a session. Emergencies will be excused.
7. Coaching can involve brainstorming, values clarification, the completion of written assignments, education, goal setting, identifying plans of action, accountability, making requests, agreements to change behavior, examining lifestyles and questioning.
8. Coaching is most effective when both parties are honest and straightforward in the communication.
9. If the coaching is to involve payment for services, prior to its beginning both parties will agree to a monthly fee, form of payment (PayPal), procedures for cancelled appointments and initial length of commitment. Invoices will be sent out on the 10th of every month and will be due in two weeks.
10. Coaching is a confidential relationship and the coach agrees to keep all information strictly confidential, except in those situations where such confidentiality would violate the law.
11. Each of the people whose signatures appear below agrees that this agreement represents our mutual understanding of the coaching relationship.

Signature (person being coached) _____

Signature (coach) _____