

Coaching Agreement

Client Name _____

I am excited for this coaching relationship and have positive expectations that coaching will help inspire you into living the life you have dreamed of. This document represents an agreement between us.

Services: The coaching services provided by the coach are in connection with the client, designed with the client. Coaching, which is not counseling, may address specific areas in life that the client wishes to develop. Coaching is focused on creating action steps to help the client in achieving their hopes and dreams. Coaching services may also include: identifying values, developing plans of action, asking transformational questions, and making empowering requests. Coaching gives you the tools, encouragement, and direction to move forward toward new opportunities, relationships, and action.

Coach Agreements: In each coaching session I, the coach, will engage in personal conversation with you to assist learning more about yourself and help to motivate you to take action in your life. I cannot guarantee results. You will create powerful results by being open and determined to take action in your life. As your coach, I will bring attentive listening, understanding, belief in you and commitment to your success. You can expect me to be honest with you, challenge you, withhold judgment of you, offer new perspectives, invite action, acknowledge you, celebrate successes, and guarantee highest confidentiality (as long there is no fear for you or another's safety) in the powerful, sacred relationship. If anything I say or do doesn't feel right or upsets you, please talk with me so a resolution can be found as soon as possible. My hope is to have a coaching relationship that is honest, open, authentic and trusting in our communication.

Client Agreements: I, the client, am empowered and committed to taking action on the goals I have identified personally and/or professionally. I realize if I am not fully committed to my transformation and growth process it will not lead to my success. I accept full responsibility for myself, and the actions I choose to take that result from my life coaching sessions. I am currently able to financially afford the coaching fees. I agree to honor my scheduled session times.

Terms and Fees: Life coaching is a process that will take time to see results. I invite you to be patient and give yourself the space to grow in time. Taking action toward change can happen quickly but gaining the ability to refine and maintain the changes takes time. The cost per session is \$60, unless a life coaching session package is purchased. When you are at a place where you do not feel like coaching is needed, please give two weeks advance notice in order to give space for wrap up. Please give 24 hours prior notice if you need to cancel or change the time of an appointment,

otherwise you will be charged for the session in full. Payment is expected at the time of the session.

Our signatures on this agreement indicate full understanding of and in agreement with the information outlined above.

Client

Date

Coach

Date