

COACHING AGREEMENT

Long Form-Sample

This agreement between _____ as Coach, and _____, Client may include an initial inventory and intake session of about 90 minutes, and _____ minute coaching sessions either in person or by phone every _____ week(s) for approximately _____ weeks, and may include additional brief sessions or email exchanges as the Coach and Client deem necessary. The Coach and Client will evaluate progress and whether to continue sessions at the last scheduled session. This agreement may be extended or terminated by mutual agreement.

The coaching services provided to the client include a powerful, comprehensive process for personal development and transformation, as designed jointly with the client. Coaching may address specific personal projects, work successes or general conditions in the client's life as they choose.

CONFIDENTIALITY: As a matter of ethics, the Coach has the responsibility to maintain strict confidentiality about ALL personal information shared by the Client. The only exception is when the Client shares information that gives the Coach reasonable cause to believe there are threats of serious harm to the Client him/herself or others. The Coach is obligated report the situation to the proper agent.

I, as Coach, promise the following:

- 1) **All information discussed or provided during sessions will be kept strictly confidential with the exception noted above.**
- 2) Communication will be honest and straightforward, including, asking questions and making requests.
- 3) My role will be to serve as a partner and champion for the your success as Client.
- 4) An approach will be used that is in support of wholeness and balance, and where you, as Client are assumed to have the answers and be accountable for yourself.
- 5) I will notify you in advance to notify you if an unavoidable conflict arises so we can reschedule.
- 6) My Coaching role will be to ensure that the purpose of our interaction is to keep you the Client on purpose and aligned with your intentions and to support you in realizing your intentions.

You, as Client, are requested to do the following as we begin our coaching relationship:

- 1) Be honest. My job is to support you in those actions **YOU** have chosen for yourself. Please use me as a safe place to look at what stops you from being in action.
- 2) Make all appointments/calls on time, or call at least the day before to reschedule if an unavoidable conflict arises for you.
- 3) Sometimes I may ask questions which may seem too probing. Think about this right now, and decide if you can give me full permission to be bold and forthright in all our interactions.
- 4) Tell me what works and what doesn't work in having someone support you.
- 5) Affirm that you are fully responsible for the choices and decisions in your life.
- 6) Reflect right now to confirm whether you are absolutely certain you are ready to begin taking new opportunities and making new choices so changes in your life can happen **NOW**.

Our signatures on this agreement demonstrate the intent to fulfill the intentions and requests above, and reflects a complete understanding of the services to be provided. As a client, I understand and agree that I am fully responsible for my well being during my coaching sessions, including my choices and decisions.

Client Date

Coach Date