

Coaching Agreement

Coaching is an ongoing relationship between a coach and a person who desires coaching. We both agree that:

1. Coaching is not therapy, counseling, advice giving, mental healthcare, or treatment for substance abuse or any addictive behavior. The coach is not functioning as a licensed mental health professional, therapist or counselor, and coaching is not intended as a replacement for counseling, psychiatric interventions, treatment for mental illness, recovery from past abuse, professional medical advice, financial assistance, legal counsel, or other professional services.
2. Coaching is for people who are basically well adjusted, emotionally healthy, functioning fairly effectively, and wanting to make improvements in their lives.
3. Coaching is designed to address issues the person being coached would like to consider. These could include (but are not limited to) personal foundation, career development, relationship enhancement, spiritual growth, healthy lifestyle management, life balance, decision- making and achieving short-term or long-term goals.
4. Successful coaching will be an ongoing relationship that may take several months, although either party can terminate the relationship at any time. I understand that coaching involves answering questions that may be difficult and requires me to dig deeply, providing time and attention to completing weekly goals and emailing a completed Pre-Coaching Information Form 24 hours prior to each session.
5. 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.
6. Coaching is most effective when both parties are honest and straightforward in their communication.
8. If the coaching is to involve payment for services, prior to its beginning both parties will agree to a fee, form of payment, procedures for canceled appointments, and initial length of commitment.

9. 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.

10. Coaching expects that each person in the relationship is guided by his or her values and beliefs. Your coach is a follower of Jesus Christ and seeks to personally live according to that commitment with integrity. We agree to respect any different values and beliefs and do not seek to impose our own values on each other. Your coach will not proselytize, judge, or refuse coaching services if we do not share similar values and beliefs, but will coach within the values and beliefs and honest explorations of the person being coached.

11. We agree to the following business arrangements: The monthly fee for 45-minute sessions is . If I do not cancel any session with 24-hours' notice I will forfeit the session fee.

12. I (the person being coached) am committed to creating an alliance with my coach.

Yes	No
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13. Each of the people whose signatures appear below agrees that this agreement represents our mutual understanding of the coaching relationship.

DISCLAIMER: The client is the sole decision-maker in the coaching process. Any and all actions or consequences resulting from the coaching sessions are the responsibility of the client. The client releases the coach of all liability pertaining to the services rendered in the coaching relationship.

Signature (Client)

Date

Signature (Coach)

Date

