

Coaching Agreement

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

1. Life Coaching focuses on the present and future, possibilities, reaching goals, and helping others move forward in life. Coaching is not a replacement for therapy, treatment or diagnosis of mental illness, psychiatric intervention, medical advice, or legal counsel.
2. Coaching is designed to address issues the person being coached would like to consider. This could include (but are not limited to) to career development, relationship enhancement, spiritual growth, lifestyle management, life balance, decision making, movement through transitions, and the achievement of short-term or long-term goals.
3. 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.
4. Coaching will be an on-going relationship that may take a number of months, although either party can discontinue at any time.
5. Coaching is most effective when both parties are honest and straight forward in their communication.
6. 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 or could jeopardize the safety of the client or others.
7. Life Coaching assumes that each person in the relationship is guided by his or her values and beliefs. The Christian coach does not seek to impose his or her values on another, try to convert, condemn, or refuse coaching services to people who do not share similar values and beliefs.
8. My Life Coaching fee is payable on the day of each session. I accept cash, check, and all major credit cards.
9. Each of the parties whose signatures appear below agrees to inform the other of the need to cancel an appointment. Except in unusual circumstances, this cancellation will be given no less than twenty-four hours prior to the scheduled appointment time.
10. Each of the people whose signatures appear below agrees that this agreement represents our mutual understanding of the coaching relationship.

Signature: _____ Signature: _____

Date: _____ Date: _____