



Expectations for the Coaching Relationship

Welcome to coaching! I am so excited about sharing this journey with you! This agreement is an outline of how we will work together and signifies our shared commitment to your growth.

Our coaching will be confidential and between us, and it is not protected by law. In other words, I will not repeat anything we talk about unless it breaks the law.

In order for you to get the most out of our sessions, I have a few requests.

- 10 minutes before each session, find a quiet place to clear your mind and get clear about the most important issue facing you that we need to discuss.
- It is helpful to have a journal or notebook for reflecting in and for taking notes during the coaching sessions.
- Very important – You are responsible to come to each session with an update and progress on your action items. Be ready with a topic to discuss (see above)
- Be courageous in creating your future, even when it's uncomfortable.

Initial Length Agreement

Length: _____ sessions over ____ month period. Additional sessions will be discussed and contracted at the end of the initial term. Each coaching session will be between 30 and 50 minutes long.

Fees: Each session will be billed at the rate of \$ _____ per session.

Expectations

1. Client calls or attends sessions at scheduled time. It shows us both that you're all in.
2. Client is responsible for cancelling sessions *at least 2 days* in advance or providing payment if sessions are cancelled with less than 2 days notice. That said, I know life happens, we get sick, etc. Please give me as much time as is possible to rebook the time I have reserved for your session.
3. Client is responsible for rescheduling any missed sessions.

I have read and agree to the above expectations: _____

Date: _____