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Coaching Agreement

Coaching is a one-to-one relationship between a coach and a person seeking coaching. In this partnership, I welcome the opportunity to coach you toward the forward motion you are seeking in your life.

COMMITMENT: Coaching is an ongoing professional coach/client relationship maintained through contact over the phone or in person. The length of effective coaching relationships varies per person, commonly taking several months since change occurs over time. My recommendation is six-session increments with an evaluation of progress, need, and mutual agreement for next steps. Either party can terminate the relationship with a conversation addressing the circumstances or concerns. Coaching is most effective when both coach and client are honest and straightforward in communication.

CONVERSATION CONTENT: Coaching is designed to address issues you, as the client, choose to process. These could include (but are not limited to) managing life and/or ministry, academic or career development, spiritual growth, relationship enhancement, advancing through stress or grief, balancing daily living, decision making, and achieving short-term or long-term goals. Powerful questions and thoughtful answers can bring forth brainstorming, clarifying values, processing life choices, establishing healthy boundaries, identifying action plans, and developing accountability.

SESSION LOGISTICS & FEES: Coaching sessions last up to an hour. The coach initiates the call at the scheduled time. Typically, clients schedule two sessions per month; some prefer weekly sessions. The individual session rate range is \$65-130 per session. The client determines the session rate prior to the first coaching conversation. Payment is due in advance. For refunds, cancellation is required 24 hours before the scheduled session.

CLARIFICATION: Coaching does **not** constitute a counseling relationship. The coach does not function as a licensed mental health professional, and coaching is not a replacement for counseling, psychiatric interventions, treatment for mental illness, substance or other abuse recovery, professional medical advice, financial assistance, legal counsel, or other professional services. Coaching is best suited for individuals who are predominantly well-adjusted and wanting to move forward in their lives.

CONFIDENTIALITY: Coaching is a confidential relationship. The coach agrees to keep all information strictly confidential (unless required by law). Respecting your trust is my value.

Signatures below approve this agreement to represent our mutual understanding of the coaching relationship.

Client Signature _____

Date _____

Coach Signature _____

Date _____