

Coaching Agreement

This agreement is made between _____ (Coach) and _____ (Client) on this day of _____. Both parties agree to the following:

Coaching is a collaborative process with an ongoing relationship between the Client and Coach. The coaching experience supports the Client in establishing new behaviors. The coaching relationship is strengths-based, forward looking, and collaborative. The coaching agenda is developed and implemented in partnership between the Client and Coach. The role of the Coach is to help the Client progress toward achieving a goal.

- The Client and Coach agree to engage fully in the coaching experience.
- The Client recognizes that coaching is not for the purposes of therapy, counseling, consulting, diagnosing, or prescribing.

Confidentiality

The Coach agrees to keep all conversations and information with the Client private and confidential, as allowable by law.

No personal information will be shared with anyone without the Client's express permission. Exceptions may be made if there is an imminent threat of serious injury to oneself or someone else.

Coaching Commitment

By entering into this relationship, the Client and Coach acknowledge that the Client desires to make a behavior change or some type of physical improvement in his or her life. Behavioral change often takes time to implement and sustain. The pace of change is uncertain and varies amongst individuals. As such, the Client and Coach agree to a minimum of a _____ (timeframe) relationship.

Coaching Session Procedures

Coaching sessions may occur in person or virtually depending on the venue that works best for the Client and what type of coaching is needed and agreed upon.

- The Coach and Client agree to adhere to established appointment times.
- The Coach and Client agree to begin and finish all appointments on time. If the Client is more than 15 minutes late to an appointment, the Coach will assume that the appointment is canceled and the Client will be responsible for the full coaching fee. If the Coach is more than 15 minutes late to an appointment, the Client may assume that the session is canceled and the Client shall not be responsible for any payment for that session.
- The Client agrees to cancel or reschedule an appointment at least 24 hours in advance, without a change fee. Any changes or cancellations within 24 hours are subject to a 50% cancellation fee.

Coaching Fees

- Acceptable forms of payment include personal check or Venmo. Payment is due upon the completion of each coaching session.
- 30 minute coaching sessions are \$50.00
- 60 minute coaching sessions are \$90.00

I hereby agree to the above.

Coach

Date

Client

Date