

## COACHING AGREEMENT

All personal information is confidential

Name \_\_\_\_\_ Date \_\_\_\_\_

As we begin this new coaching relationship, it is important to know what to expect from the coach and the client. The following responsibilities, commitments, and agreements will continue as long as the coaching relationship is current.

### Client:

I will commit to my success and self-development.

I am willing to take the necessary action steps (within reason) to move forward.

I will attend our regular scheduled sessions on time with no distractions.

I will do my best to communicate my wants and needs to my coach.

I will do my best to share my aha moments, questions and indecisions, breakthroughs, successes, and achievements as they occur.

I can expect my coach to be honest and guide me in the direction of which my needs are being met.

I understand that I can discontinue this coaching relationship at any time.

### Coach:

I will commit to your success, self-empowerment, and self-development.

I will attend our regular scheduled sessions on time with no distractions.

I will commit to empowering, educating, mentoring, uplifting, and supporting you through your journey.

I will stand in your corner through hard times and remain available for you to contact me for any reason outside of our regular sessions.

I will help you as long as you are helping yourself.

I understand that I can discontinue this coaching relationship at any time.

We are in agreement and will do our best to follow these guidelines.

Client Signature \_\_\_\_\_ Date \_\_\_\_\_

Coach Signature \_\_\_\_\_ Date \_\_\_\_\_