

Coaching Agreement

Client name: _____
Telephone number: _____
Address: _____
E-mail: _____
Date: _____
Session fee: £ _____

Client Statement

I agree to undertake _____ sessions of 45 - 60 minutes each.

I am committed to being as open and honest as necessary in order to work with my coach towards achieving my goals.

Timetabling of Sessions

If I need to re-arrange any appointments, I will endeavour to give at least 48 hours notice. I understand that if I fail to give 24 hours notice, my coach will be within his/her rights to charge for that session.

Ground Rules

1. As the client I understand that I am fully responsible for the decisions and choices reached during the coaching sessions.
2. I understand that 'coaching' is a relationship I have with my coach that is designed to facilitate the development of personal or professional goals and develop a plan/strategy for achieving those goals.
3. I understand that coaching is a comprehensive process, which may involve all areas of my life including work, family, health, relationships, education and recreation.
4. I understand that coaching is not a substitute for counseling, therapy, mental health care or substance abuse treatment.
5. In the spirit of honesty as a core value in coaching and understanding that for the coaching to be productive I will inform my Coach if I am currently undergoing therapy or mental health treatment.

6. I agree to commit to the programme of coaching sessions to facilitate the achievement of the goals and/or challenges. I understand that if I am not satisfied with my progress during this time and wish to cancel my remaining sessions, I may do so at any time up 48 hours before the following session

I have read and agree to the above:

Client:

Signature:

Date: