



COACHING CLIENT AGREEMENT

Procedure

Our work will start _____. I will send you an email with available dates/times for our sessions. Please plan on two sessions a month for 45 minutes each. The first session may run up to an hour, because we will be exploring lots of information at first. If you need to reschedule any session, please let me know 24 hours in advance. I ask for a commitment of three months. After that time, we will re-evaluate your progress and our work together and make any further agreements.

Preparation

After our initial session, I ask that you come to the coaching sessions prepared with an idea of what you want to achieve in each session. To help you with this, please take time to fill-out the Coaching Session PrepForm. If possible, it would be helpful for you to email me this form twenty- four hours in advance of our sessions, excluding the first session.

Expectations

The key to an effective coaching relationship is communication. Please be honest with yourself and me throughout the coaching process. You can expect me to be straightforward, constructive and confidential. You can say anything to me, positive or negative; this includes letting me know if something makes you uncomfortable or if you don't want to respond to a question. Please let me know at any time if you have concerns that we haven't addressed.

As your coach, I am a resource for you to use to your best advantage. I will share concepts or insights, and ask re-orienting questions that are intended to increase your success in attaining your health goals.

I expect your best efforts and commitment from you to be willing to grow. From time-to-time, I'll make a direct request such as : "Will you accomplish 'X' by the end of the month?" You always have the option of accepting my request, declining or counter-offering something that might be more comfortable so we can continue striving.

