

## Up Until Now Leadership Coaching Contract

Client Name: \_\_\_\_\_

Coach Name: \_\_\_\_\_

### Duration and Frequency of Sessions:

The coaching sessions will be conducted over a period of \_\_\_\_\_ weeks/months, with a frequency of \_\_\_\_\_ sessions per week/month. Each session will last for \_\_\_\_\_ minutes/hours.

### Coach's Role:

As the coach, I will provide guidance, support, and feedback to help you achieve your leadership goals. I will also maintain confidentiality and create a safe space for open and honest communication.

### Client's Role:

As the client, you agree to actively participate in the coaching sessions and take ownership of your learning and growth. You will come prepared to each session with 1-2 specific goals you want to work on and be open to feedback and suggestions.

### Payment and Cancellation Policy:

The coaching sessions are free of charge. However, for the time to count toward the next level of certification, clients are encouraged to submit a short feedback form of 3-5 sentences about their experience. Feedback is a powerful currency!

### Goals and Expectations:

Please provide 1-2 specific goals you want to work on during the coaching session(s):

Goal 1: \_\_\_\_\_

Goal 2: \_\_\_\_\_

### Agreement:

By signing below, both parties acknowledge and agree to the terms and conditions outlined in this coaching contract.

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

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

Please return a signed copy of this contract to [brookebrz@tilnowcoaching.com](mailto:brookebrz@tilnowcoaching.com) before the first coaching session. Thank you!