

LIONESS LIFE COACHING

DANIELLE MCKENNA

Coaching Agreement Between -

Client:

Coach: Danielle Mckenna, Lioness Life Coaching

Confidentiality

Confidentiality is key to the relationship between client and coach. Therefore I will not discuss the content of our sessions or the fact we are working together to anybody. However, you are able to discuss whatever you feel necessary with third parties; unless it is confidential information I may have disclosed with you about myself.

As a coach with the Coaching Training Institute (CTI) I am required to disclose information where I feel I am compromised by a client discussing anything illegal or if I feel you may do harm to yourself or others.

Designed Alliance

Coaching is in no way to be construed as psychological counselling, therapy, business or financial advice. I believe you have all the answers that you need and results are totally dependent on your commitment to the coaching journey. It is my job using a combination of tools, intuition and experienced guidance to help you to find the answers and the avenues you are searching for. The nature of coaching means you are responsible for any actions taken as a result of our work together.

The coaching relationship will be designed by both of us as we work together. You can tell me how you would like to be coached; this can be a general requirement or we can take it session by session. For example the requirements I have of all my clients is that they trust the process, keep an open mind, and where possible I also like it to be a fun and inspiring experience. Also please know that if some content is emotional or uncomfortable ground, I am there to hold your hand with a compassionate and non-judgmental ear.

Commitment

I expect my clients to commit to at least three months of work with me. You may notice a difference after one session, but it will be minor in comparison to what I want for you and what I know you are capable of achieving. You will go on a remarkable journey during this time, and it will have a ripple effect on the people around you.

For the first month I expect a commitment of four sessions a month and for the second and third months I expect a commitment of fortnightly appointments. After this time we can assess if you need more, but generally we will have covered a lot of ground and made big leaps. We may then schedule to check in every couple of months or so, I generally take your lead on this.

Our final session will be a completion session that allows us to celebrate your progress and share what we have learnt.

Our sessions should always start promptly at the agreed time, and sessions will be completed after an hour regardless of where we are in the process. You are creative, resourceful and whole and therefore where we complete is perfect and mean to be. If at any time we have to cancel or reschedule, I do appreciate 24 hours' notice where possible.

Pricing

An initial Discovery session is £150 and thereafter each session is priced at £100 per hour, and I invoice on a monthly basis. The cost includes; the coaching session itself and the ability to check in with each other between our scheduled dates. I am happy to be contacted either by text or email or phone call if given notice.

Please do bear in mind that I work with other clients and have commitments of my own which may mean that I cannot respond immediately, but I will always get back to you at the earliest opportunity and definitely no longer than 24 hours later.

Payment should be made by bank transfer (please see invoice for details) and should be made prior to our first session with no exceptions. In instances where payment is not made we may have to reschedule.

Homework

You will have homework after every session. You will take accountability for it and will commit to either emailing me your findings between sessions or you will bring it to our next session. Part of your homework after each session will always be self-care, which you will discover is a continuing theme. This means you may have to schedule half an hour or so aside from our session purely for you to do whatever it is you need to do; a bath, a piece of music, yoga or perhaps just a moment for yourself. You have to give yourself the respect and time to do this as some of this work can be emotional and it can be uncomfortable. You may be meeting parts of yourself you have been at war with or unlocking exciting potential that needs extra head space.

Integrity

I want you to view this time together as entirely for you. To make the coaching more valuable to you, all I ask is that we are clear, open and honest with each other and that you arrive to each session ready to be coached. This is your chance to have a platform to talk about anything you need in a non-judgemental, kind and compassionate space and in a fully supported environment.

I look forward to working with you, creating magic and positive change.

Our signatures below indicate full understanding and agreement with the information outline above.

Danielle Mckenna

Client

