

# Mercy Life Coaching & Self-Defense

## Coaching Agreement

**Clients Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Address:** \_\_\_\_\_

### **Client Statement**

I have sufficient information about coaching and have agreed to undertake \_\_\_\_\_ Sessions, initially to address key issues in my life. I am committed to taking positive action in order to make improvements in my life, and to meeting the goals I identify as necessary to do this. I am committed to being as open and honest as necessary in order to work with my coach towards achieving my goals. I will make every effort to remain positive about what I have and what I will achieve.

### **Fees**

Agreed fees will be paid in advance, and unless agreed beforehand, will not be refunded. If I need to re-arrange any appointments I will ensure that I give 48 hours notice. Requests made with less than 48 hours notice will incur the full cost of the session. Notwithstanding any reasonable unforeseen emergencies, any changes made to the appointment with more than 48 hours notice will be charged at half the cost for the 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 the coach may use various techniques during the coaching sessions, and that the coach is competent in the use of such techniques.
3. 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.
4. I understand that coaching is a comprehensive process, which may involve all areas of my life including work, family, health, relationships, education and recreation. I acknowledge that deciding how to handle any issues is my responsibility.
5. I understand that coaching is not a substitute for counselling, mental health care or substance abuse treatment.
6. I promise to inform my coach if I am currently in any kind of therapy and that any medical or therapeutic practitioners involved in my care have been advised of my intention to work with a coach.
7. I agree to commit to the initial course of \_\_\_\_\_ sessions to facilitate the required change.

I have read and agreed to the above

**Client:**..... **Signature:**.....

**Date:**...../...../.....

I am fully committed to facilitating the above named client to identify and achieve his/her goals, through an open, honest, supportive and motivating coaching relationship. I can ensure that I will always work for his/her best interests and keep any information shared with me entirely confidential.

**Coach:** Victor Morales **Signature:**.....

**Date:**...../...../.....