**COACHING AGREEMENT**

Client name:

Telephone number: Skype/ Zoom details:

Mobile number:

Address:

Preferred means of communication:

**Client Statement**

I have sufficient information about coaching and have agreed to undertake sessions.

I am committed to taking positive action to make improvements in my life and to meeting the goals, I identify as necessary, to do this.

 I am committed to being 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:** £75 per hour.Agreed fees will be paid in advance. If I need to rearrange any appointments, I will ensure that I give at least 48 hours’ notice.

**Ground Rules:**

1. As the client I understand that I am fully responsible for the decisions and choices I make during coaching sessions.

2. I understand that ‘coaching’ is a relationship I have with my coach and is designed to

Facilitate the development of personal and 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.

I acknowledge that deciding how I manage these areas of my life, is my responsibility.

4. I understand that coaching is not a substitute for counselling or mental health care.

5. I have read and agreed to the above.

**Client………………………………… Signature………………………………………….. Date …………..**

**Coach** Carol McNeil **Signature ………………………………………. Date ……………**

 I am fully committed to facilitating……………...........................in identifying and achieving their goals, and that all information shared with me is treated with the strictest of confidence.