Personal Coaching Agreement

Prior to entering into a personal coaching relationship, please carefully read the following agreement and indicate you understand and agree by signing below.

1. I understand that personal coaching is a relationship I have with a personal coach that is designed to help me develop and establish short and long-term goals, and to develop and implement strategies that achieve those goals which could involve all areas of my life.
2. I understand that I am fully responsible for my choices and decisions and may discontinue coaching at any time.
3. I understand that we may coach via live-video (FaceTime, Zoom, etc.), over the phone, or in-person, and I will make every effort to be ready for the call on time.
4. I understand that coaching conversations are confidential, and my coach will not share our discussion with others without my permission.
5. I understand that for coach credentialing purposes my name and contact information – but not the contents of my coaching – may be given to the International Coaching Federation and other qualified organizations.

Coachee Signature:­­­­­­­­­­­­­­­ Date:

Coach Signature: Date:

Jon Sherman