



THE YOU ADVANTAGE

Coaching Agreement with Jacqui Nissen

Please read the following and let me know that you understand and agree.

Coaching is a partnership with a client established to initiate a thought-provoking and creative process that inspires the client to maximize personal and professional potential. It is designed to facilitate the creation and development of personal, professional, or business goals and to develop and carry out a strategy and plan for achieving those goals.

Coaching vs. Counseling

It is important to me that you have clarity about the difference between coaching and other types of professional services such as therapy or counseling, consulting, and mentoring. Coaching focuses on where you are presently and where you are headed, with a goal of helping you gain clarity about your vision, eliminate obstacles to your success, accelerate the pace of personal growth and achieve results that empower you to live your best life – professionally and personally. We can focus on any area of your life: Relationships, Finances, Spiritual Life, Work and Business, or Physical Health and Environments. While coaching is forward-focused, counseling tends to deal more with past issues in which you may find yourself stuck and struggling. We may occasionally discuss something that has occurred in the past, for the purpose of clarifying the present, but your coaching will not focus on resolving the past. A simple rule of thumb to know whether you should be coaching or counseling: If your past is an issue, counseling is your best option. If your past is simply a fact (regardless of whether the circumstances were difficult or negative), you are probably ready for coaching.

Coaching vs. Consulting

A coach focuses on helping you walk your unique path to success. As the client, you are responsible for the results you receive because of coaching. I help you discover how to become more of who you need to be to achieve those results and identify what you may need to do differently. A consultant takes responsibility for a specific project, acting as a specialist*, providing specific deliverables and knowledge. I believe in your ability to fully experience your potential and will provide a safe, consistent space for you to develop your potential.

* If my professional experience is of benefit to you personally and professionally, I will gladly share what I know.

Coaching vs. Mentoring

As a coach, I focus on the development of people in general, and the development of your unique path. A mentor guides you towards a specific path of development. I am more interested in helping you onto the unique path that is meant for you, which may be quite different than the path I have taken, even though the purpose of our



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paths may be very similar. My job as your coach is not to tell you what to do, but rather to help you uncover the answers that lie within you. Consider me a catalyst for your success.

1) Coach- Client Relationship

A. As your Coach, I agree to:

- a. Maintain the ethics and standards of behavior established by the International Coach Federation (ICF).
- b. Maintain a deep commitment to providing support that will contribute to the achievement of the Client's important personal and professional goals. However, the final decisions and actions are the sole responsibility of the Client.
- c. Communicate in an open and honest manner to enhance the coaching relationship.
- d. Prioritize scheduled appointments and be available for scheduled sessions, only cancelling if there is a true emergency.

B. As the Client, you agree to:

- a. Be solely responsible for creating and implementing your own decisions, choices, actions and results from the coaching relationship and sessions.
- b. As such, the Client agrees that the Coach is not and will not be liable or responsible for any actions or inaction, or for any direct or indirect result of any services provided by the Coach.
- c. Communicate in an open and honest manner to enhance the coaching relationship.
- d. Committed to completing self-identified actions with due dates towards the Client's goals.
- e. Prioritize the scheduled appointments and be available for scheduled sessions, only cancelling if there is a true emergency.
- f. Remain open to have old beliefs challenged through exploration that can result in great breakthroughs, however the client has the right and responsibility to inform the Coach if there is anything that is firmly against the Client's belief system that is uncomfortable and wishes to discontinue addressing.

2) Confidentiality

This coaching relationship, as well as all information (documented or verbal) that the Client shares with the Coach as part of this relationship, is bound by the principles of confidentiality set forth in the ICF Code of Ethics. However, please be aware that the Coach-Client relationship is not considered a legally confidential relationship (like the medical and legal professions) and thus communications are not subject to the protection of any legally recognized privilege. The Coach agrees not to disclose any information pertaining to the Client without the Client's written consent. The Coach will not disclose the Client's name as a reference without the Client's consent.



5) Release of Information

The Coach engages in training and continuing education pursuing and/or maintaining ICF (International Coach Federation) Credentials. That process requires the names and contact information of all Clients for possible verification by ICF. By signing this agreement, you agree to have only your name, email address, phone number, coaching dates and hours logged and submitted per ICF requirements.

According to the ethics of our profession, topics may be anonymously and hypothetically shared with other coaching professionals for training, supervision, mentoring, evaluation, and for coach professional development and/or consultation purposes.

Client Name:	
Date:	
Signature:	