



Coaching Agreement

This Coaching Agreement between Helen Benetton and (Insert Client's Name) will begin on (Insert Date) and will continue for one month. The fee is £_____, payable in advance to (insert your name and address). It should be noted that four weeks per month is used in calculating the monthly fee.

The client mentioned above will receive a one-time-only money-back guarantee for the initial month's coaching. If dissatisfied with his or her coaching experience, the client must notify Create From Within in writing within 5 working days of his or her last coaching session of the initial month. The client can choose to receive a full refund or to be matched with a new coach. There is no additional money-back guarantee if the client decides to be matched with a new coach.

The service to be provided is coaching, which is not advice, therapy, nor counselling and may address specific personal projects, business successes or general conditions in the client's life or profession. Coaching is a designed alliance that helps bring out the best in the client and helps the client create and live the life they want to live. Upon completion of the first month, coaching will convert to a month-to-month basis. In the event it is desired to cancel further services, the client and coach agree to provide one another with thirty days' notice.

The coach promises the client that all information provided to the coach will be kept strictly confidential as allowed by law. Throughout the working relationship the coach will engage in direct and personal conversations. The client can count on the coach to be honest and straightforward in asking questions and making requests. The client understands that the power of the coaching relationship can only be granted by the client and the client agrees to do just that—have the coaching relationship to be powerful. If the client believes that coaching is not working as desired, the client will immediately communicate that to the coach, and both will take action to remedy the situation.

I, (*insert client's name*), hereby certify that I do not suffer from any physical or mental disability that might affect my participation in the coaching process, and, if I have any substance abuse problem or mental illness, I have consulted with my physical and other health care professional and been advised that I may participate in the coaching process without risk. I agree that if there is any change in this representation, I will promptly advise the coach.

I agree that, in the event of any claim or grievance by me against Create From Within by sole remedy will be the return of the fees paid to Create From Within. Create From Within is not responsible for any direct, indirect, incidental or consequential damages beyond the total amount of fees paid by the client.

I understand that this document contains all of the information given to me by Helen Benetton and all other representations or statements (prior or subsequent, whether oral or written) are superseded by this document.

Our signatures on this agreement indicate a full understanding of, and agreement with, the information outlined above.

Client (Print name) _____

Client Signature _____ Date _____

Guardian (if under 18 years of age). _____

Coach (Print name) _____

Coach Signature _____ Date _____