



Participant Services Agreement

Welcome to your first coaching session! Please review this form carefully, and feel free to ask questions.

The Coaching Experience

Your coaching program is about building self-awareness. By learning about ourselves, and why we do what we do, we are better equipped to amend these behaviors. Coaching is only the beginning; it is important to view achievement and development as a lifelong process to which only *you* can be committed.

We encourage you to be open to new challenges and be prepared to stretch yourself to achieve them. Coaching is a lot of work! You will get the most out of your sessions if you prepare for them. Make time and space for your coaching and complete the homework that is assigned earnestly and completely.

Your coach will help you set a direction for each session and may also provide you with additional opportunities to challenge your current thinking styles and habits.

At times, your coach may offer perspective and may help to provide a selection of approaches to a situation. Please note that you are responsible and accountable for any action you choose to take or not to take.

Immediately let your coach know if he/she/they could be more effective in some way.

Confidentiality

Your confidentiality and privacy is extremely important to us. We will do what can to protect that. However, due to the electronic nature of coaching sessions, we cannot guarantee confidentiality.

If your coach reasonably believes there to be an imminent or likely risk of danger or harm to you or others or you disclose illegal activity, your coach must contact appropriate authorities.

Terms and Conditions

Meetings start and end at the scheduled time, even if you are delayed.

Appointments can be cancelled/rescheduled with 24 hours notice. If less than the required notice is given, you will be charged for the session. Please note that we do enforce this policy consistently.

Either you or your coach may terminate the coaching partnership at any time for any reason.



It is our privilege to work with you on your personal journey and we look forward to helping you achieve your goals!

Your electronic signature on this **Participant Services Agreement** form signifies you have read, fully understand, and consent to honor this complete document.

Client _____

Date _____