

COACHING SUCCESS GUIDELINES

WHAT IS EXPECTED OF THE CLIENT

- ✓ Throughout keep an open and motivated mindset and enthusiasm to work with the coach to achieve the goals in your coaching plan.
- ✓ Attend each session on time and be open and ready to approach the work with effort and motivation.
- ✓ Schedule your weekly coaching sessions as well as your independent practice.
- ✓ Complete work between sessions, complete worksheets and reflect on progress as part of independent practice.
- ✓ Be open to changes in the goals laid out in the coaching plan as the coaching sessions progress.
- ✓ Complete payment for the session at least 24-hours before the scheduled session, this holds your session slot.

WHAT IS EXPECTED OF THE COACH

- ✓ Treat the client with respect and listen actively to what they have to say without judgement
- ✓ Hold the client accountable for the progress they are making towards achieving their goals.
- ✓ Use questioning to hold deep conversations about the client's wants, desires, goals and aspirations.
- ✓ Treat the client's conversations and discussions as confidential
- ✓ Clarify goals and create detailed action plans so that the pathway to achieving those goals is clear.
- ✓ Schedule the agreed upon coaching sessions following the content set out in coaching plan.

I have read these guidelines and agree to follow them.

Client Signature/Date:

Coach Signature/Date:

Client Signature/Date:

Coach Signature/Date:
