



Coaching Agreement

I look forward to working with you as you seek to become the best version of yourself. The coach-coachee relationship can be a rewarding and meaningful one, and this agreement is designed to facilitate that by establishing a good foundation for it. It outlines general coaching agreements, the coach's commitments, and yours as a coachee.

General Agreements

- Coaching is not counseling, psychotherapy, legal counsel, or medical advice. The Jungian approach to coaching is based on the position that the coachee has a source of unlimited, innate wisdom and guidance that the coach will help them access. Consequently, outcomes of coaching are solely the responsibility of the coachee. Chiron's Cave shall not be liable for any outcomes either directly or indirectly related to the coaching process.
- Coaching will be conducted via Coach's Zoom platform. Other arrangements may be agreed to at the discretion of the coach.

Coach's Commitments

- The content of all coaching sessions and the coachee's demographic information are completely confidential. To the extent that such information is stored, it will be stored in an encrypted and secure manner. Except in such cases where disclosure to authorities is required by law, no information from coaching sessions will be shared either publicly or privately. Coaching sessions will not be recorded.
- General coaching themes and situations from coaching sessions may be shared by the coach with other coaches, trainers, or mentors in professional settings for the purpose of professional development. In such cases, the coach will take great care that shared scenarios are free from information that would make them personally identifiable or in any way jeopardize the anonymity of the coachee.

- Notwithstanding the above, a session may be recorded with the express written consent of the coachee. The coach may request to record a coaching session for the purpose of the coach's professional development and/or certification requirements with accrediting organizations. In such a case, a separate agreement will be provided to the coachee and written permission will be secured prior to the session. The coachee will be provided with full details about the coach's use of the recording.

Coachee's Commitments

- Arrange an appropriate physical setting for coaching sessions, including a private location free of distractions, a quality internet connection, and appropriate audio-visual equipment that makes visual and audible communication effective. Sessions via mobile devices are less effective and may only be conducted for extenuating circumstances and with the coach's prior approval.
- Come to sessions prepared with respect to any action items or other requests from prior sessions.
- Recognize that meaningful change, while initiated during time with your coach, takes place primarily as you put insight and wisdom into action, and that doing so takes an investment of time beyond what you spend with your coach.
- Inform your coach if you are currently undergoing treatment by a mental health professional, including psychotherapy, mental health counseling, or psychiatric care. Likewise, inform your mental health care provider that you are receiving coaching services. Coaching and therapy are complimentary modalities, but only when the coach and therapist are aware of each other's involvement with their mutual client.
- Be authentic, honest, and willing to engage.
- Take ownership of your progress and accomplishments.

Payment Policies

- Payment in full is required at the time of booking.
- Appointments cancelled more than 24 hours in advance may be rescheduled or refunded in full.
- Appointments cancelled less than 24 hours in advance will be assessed a \$50 cancellation fee and the balance refunded.