



COACHING AGREEMENT

I agree Coaching is a process.

- We will meet one to two times a month via phone. Each session is 50 minutes. I agree to come prepared, focused, on time and ready to discuss the topics to get the most out of the time of the scheduled appointment.
- The coaching relationship is designed to heal all the areas of your life that you are most challenged with.
- I will be receptive to any information that arises during the coaching session. I agree to take full responsibility for the assignments that are required for the transformation I am seeking.
- I realize that it is my responsibility to put in the work to get the results I am seeking. Results do not happen overnight; I agree to implement the tools for the success I desire.
- I completely understand that coaching is a profession that uses discussions and creative exercises to help improve all aspects of life.
- I agree to be respectful to my coach and desire the same in return. I agree to make the coaching sessions a priority and take them seriously.
- I agree to pay in full before coaching begins. I understand that there are no refunds on cancelling an appointment. I agree to a 48hr cancellation policy allowing me to reschedule my appointment up to 48 hours from my scheduled appointment.

Client's Signature: _____

Print Name: _____

Date: _____

Signature of Parent/Guardian (if under age 18):
