



Building A Better Life

Coaching Agreement

Coach's Role

1. Co-create a collaborative partnership that supports you to deepen self-awareness, enhance creative ability, foster personal mastery, and cultivate your full potential.
2. Ask timely and appropriate questions that foster and support greater self-awareness and inner resourcefulness, and assist in working through any personal roadblocks/obstacles (conscious or unconscious) that may arise.
3. Honor that some experiences/things in life are private, which you may or may not choose to share or explore as part of these coaching sessions.
4. Facilitate effective coaching processes/techniques designed to help tap into your own inherent wisdom/insights, work through any perceived challenges, and explore creative possibilities and potential.

Client's Role

1. Commit to a coaching relationship/partnership that supports my abilities to:
 - a. Deepen self-awareness and strive to identify whatever challenges, issues, and/or opportunities you may be experiencing.
 - b. Become aware of and commit to working through any blind spots, roadblocks, or obstacles to success that may arise.
 - c. Utilize emerging insights/learning to enhance your personal/professional growth and development.
2. Take responsibility for my own actions and behaviors.
3. Be intentional about making empowering, conscious choices that truly reflect and support my needs/desires/goals in life.
4. Follow through and be accountable for the completion of any action planning steps/activities generated as a result of each coaching session.

Coaching Agreement

1. As a client, I understand and agree that I am fully responsible for my physical, mental and emotional well-being during my coaching conversations, including my choices and decisions. All coaching topics/issues for discussion are my choice. I am aware that I can choose to discontinue coaching at any time.
2. I understand that my coach will coach in a manner which reflects the [ICF Core Competencies](#) and upholds the [ICF code of ethics](#), as well as the [BCC Code of Ethics](#) including but not limited to maintaining confidentiality of ALL my client information unless I state otherwise, in writing, except as required by the law.
3. I understand that coaching is a relationship with my coach that is designed to facilitate the creation of academic and personal goals and to develop and carry out a strategy/plan for achieving those goals.
4. I understand that coaching is a comprehensive process that may involve all areas of my life, including work, finances, health, relationships, and recreation. I acknowledge that deciding how to handle these issues and implementing my choices is exclusively my responsibility.
5. I understand that coaching does not involve the diagnosis or treatment of mental disorders as defined by the DSM-IV published by the American Psychiatric Association. I understand that coaching is not a substitute for counselling, psychotherapy, psychoanalysis, mental health care or substance abuse treatment and I will not use it in place of any form of diagnosis, treatment or therapy.
6. I will not use coaching as a substitute for counseling, psychotherapy, mental health care or substance abuse treatment. I recognize that I am seeing this professional as a coach and not a licensed mental health professional, advisor, consultant or mentor.
7. I give my coach permission to keep a confidential record of my name, and contact info in order to meet the requirements for coach credentialing by the International Coaching Federation: ICF: www.coachfederation.org. I agree to allow my coach to document coaching hours with me for submission to the ICF for certification as a coach.
8. I understand that coaching is not to be used in lieu of professional advice. I will seek professional guidance for advice regarding academic, legal, medical, financial, business, spiritual or other matters. I understand that all decisions in these areas are exclusively mine and I acknowledge that my decisions and my actions regarding them are my responsibility.

I have read and agree to the above:

Coaching Client Signature:

Date: