



Welcome!

I am so happy to welcome you as a new client. This is the beginning of a fun and exciting process of growth and transformation. I want you to know that I will listen to you, support you, challenge you and inspire you. I'll be your guide on this journey. I'm your partner. I'm on your side!

Please review and complete the **Client Coaching Agreement**. Sign it and scan the pages or take a picture of them and email them back to me.

Then complete the **Getting to Know You Questions** and send that back as an email attachment.

Congratulations on investing in yourself! You have already begun to create the life you were meant to live!

Here for you!

Elizabeth Morris
We Ride at Dawn Coaching



Client Coaching Agreement

Name: _____ Date: _____

Address: _____

How would you prefer to have your Coaching Sessions?

On the Phone

On Zoom

It will vary session to session

Phone Numbers (please circle which phone number to use for phone sessions):

Home: _____ Cell: _____ Work: _____

Which phone should I use as your primary contact number? (circle one):

Home

Cell

Work

Is it okay to leave a message on your home phone? _____

Is it okay to leave text messages on your cell phone? _____

Email address: _____

Emergency Contact Name: _____

Number: _____

Important Information about Our Sessions:

I look forward to working with you. I am deeply committed to helping you create and achieve your vision for your personal life and for your career. Together we will explore what you want and what your natural and most powerful way of achieving it is. It's important that we have a clear understanding about our work together. Please read the rest of this agreement carefully before signing.

Our Relationship:

You are responsible for creating your own decisions and results. You agree not to hold me, or any company I am affiliated with, liable for any outcomes, resulting directly or indirectly from the coaching process. More specifically...

As your coach, you can expect me to:

1. Be a partner in bringing out the best, the deepest and the truest in you.
2. Provide safety, encouragement and support in an environment in which you can relax and explore.
3. Respect the confidentiality of the agreements we make.
4. Expand your view of what is possible and promote discovery of new insights.
5. Give you input, straight feedback and operate as a sounding board.
6. Listen carefully to what you say and ask questions that increase awareness.
7. Be an on-going resource for you in accomplishing your intentions.

I expect that you, as my client, will:

1. Cultivate a core honesty with yourself.
2. Take responsibility for creating value and results for yourself. Take ownership for your progress and your accomplishments.
3. Be open to my feedback and keep me honestly informed as to what is and is not working for you.
4. Keep your regularly scheduled appointments, as the results of our work together are cumulative. The best results happen because of your consistency and follow-through.
6. Complete the required **Getting to Know You Questions** before your initial session.

7. Agree to complete FunWork assignments, which could include journaling, listening to music, reading, creative art projects in the spirit of exploration, breathing techniques, and nature walks.
8. Understand that at the scheduled time:
Phone Sessions – Be ready to receive my call. I will call you on your preferred number at your scheduled session time, unless we arrange otherwise
Zoom Sessions – Be ready to join our scheduled Zoom meeting. I will send the Zoom meeting invitation to you via email prior to 24 hours before your scheduled session time. I will start the meeting and admit you.
9. Understand that all session appointments booked through the We Ride at Dawn Coaching website ARE EASTERN TIME.
10. Reschedule any sessions prior to the required 24-hour notice; otherwise you will be charged for that missed session.
11. Understand that coaching is not psychotherapy or counseling; and agree to seek these or other professional services if needed.

Payment Information:

1. Fees should be pre-paid.
2. If you are purchasing multiple sessions, all sessions must be used within **10 months** of purchase.
3. Unused sessions are not transferable.
4. No refunds will be issued.

Signatures:

I understand that all **We Ride at Dawn Coaching** materials and documents are proprietary. By signing below, I acknowledge that I have had the opportunity to review this agreement, that I understand all aspects within it, and I agree to abide by it.

Client Signature: _____ Date: _____

Coach Signature: _____ Date: _____