

# Coaching Agreement

**Coaching is an ongoing relationship between a coach and a person who desires coaching. We both agree that:**

- 1.** Coaching is not therapy, counseling, advice giving, mental healthcare, or treatment for substance abuse or any addictive behavior. The coach is not functioning as a licensed mental health professional, therapist or counselor, and coaching is not intended as a replacement for counseling, psychiatric interventions, treatment for mental illness, recovery from past abuse, professional medical advice, financial assistance, legal counsel, or other professional services.
- 2.** Coaching is for people who are basically well adjusted, emotionally healthy, functioning fairly effectively, and wanting to make improvements in their lives.
- 3.** Coaching is designed to address issues the person being coached would like to consider. These could include (but are not limited to) personal foundation, career development, relationship enhancement, spiritual growth, healthy lifestyle management, life balance, decision-making, and achieving short-term or long-term goals.
- 4.** Coaching will be an ongoing relationship that may take a number of months, although either party can terminate the relationship at any time. Some or all of the coaching may be through telephone contact.
- 5.** Coaching can involve brainstorming, values clarification, the completion of written assignments, education, goal-setting, identifying plans of action, accountability, making requests, agreements to change behavior, examining lifestyles, and questioning.
- 6.** Coaching is most effective when both parties are honest and straightforward in their communication.
- 7.** If the coaching is to involve payment for services, prior to its beginning both parties will agree to a fee, form of payment, procedures for canceled appointments, and initial length of commitment.

8. Coaching is a confidential relationship and the coach agrees to keep all information strictly confidential, except in those situations where such confidentiality would violate the law.
9. Coaching assumes that each person in the relationship is guided by his or her values and beliefs. Your coach is a follower of Jesus Christ and seeks to live in accordance with this commitment. Your coach is honest in making this revelation and respects the different values and beliefs of others. Your coach does not seek to impose his or her values on another, proselytize, condemn, or refuse coaching services to people who do not share similar values and beliefs.
10. We agree to the following business arrangements: The monthly fee for (number of sessions) (time for each session ex.45 minute) sessions is \$\_\_\_\_. If I do not cancel any session with 24 hours notice I will forfeit the session fee.
11. I (the person being coached) am committed to creating an alliance with my coach, \_\_\_\_\_.
12. Each of the people whose signatures appear below agrees that this agreement represents our mutual understanding of the coaching relationship.

DISCLAIMER: The client is the sole decision-maker in the coaching process. Any and all actions or consequences resulting from the coaching sessions are the responsibility of the client. The client releases the coach of all liability pertaining to the services rendered in the coaching relationship.

\_\_\_\_\_  
Signature (client)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature (coach)

\_\_\_\_\_  
Date