

## COACHING SESSION AGREEMENT

This agreement, dated \_\_\_\_\_ sets out the conditions and understandings for a coaching relationship between \_\_\_\_\_(Coach) and \_\_\_\_\_(Client).

Coach and Client hereby agree:

1. Coach and Client will meet on a weekly basis for a number of hours to be determined before the session, in person or on the phone/email.
2. Coach and Client will jointly develop a coaching plan based on the Client's outcomes for coaching.
3. Coach agrees to facilitate and Client agrees to follow the coaching plan.
4. Coach agrees to spend appropriate amount of time in preparation for meetings with Client.
5. Client understands that the results of any coaching will depend on his ability to take action and to follow the coaching plan to the best of his abilities, communicate clearly with the Coach, and to take responsibility for the results achieved and the Coach can only facilitate. The responsibility for making the processes work is the Client's alone as no one else can do them for him.
6. Client agrees to share with Coach all issues on which Client needs assistance. Client agrees that issues not shared with Coach may not be resolved or may impede the successful achievement of his goals and objectives. Coach agrees to use best efforts to assist Client to resolve issues shared with Coach and also agrees to full confidentiality.
7. Client agrees that Coach may assign tasks to be done in between coaching sessions, and that Client will give his best effort to fulfill these tasks. Client further agrees that if tasks are not done the outcome of the coaching cannot be predicted.
8. Client understands that Coach is not providing psychological or medical advice and that Coaching should in no way replace sound treatment from a licensed health care provider. Your Coach is not a licensed Medical Doctor, Psychologist, Psychiatrist, Master's in Family Therapy (MFT), or a Master's in Social Work (MSW). The services you receive are not licensed in this state, nor are they regulated by a governmental body. We will always provide only those services in which we have been trained, and if we find that we cannot help you, we will refer you to a licensed person who can assist you.
9. This agreement starts on the \_\_\_\_\_ of \_\_\_\_\_, 2010, and will continue until cancelled with 30 days written notice by either party.
10. Consulting fee is \_\_\_\_\_ per hour.

Agreed,

Coach: \_\_\_\_\_ Date: \_\_\_\_\_

Client: \_\_\_\_\_ Date: \_\_\_\_\_