



COACHING AGREEMENT

We agree:

1. Coaching is not therapy, counseling, advice-giving, mental health care, or treatment for substance abuse. The coach is not functioning as a licensed mental health professional, 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 well-adjusted, emotionally healthy, functioning effectively, and want to change their lives.
3. Coaching addresses issues the person being coached would like to consider. These could include (but are not limited to) career development, relationship enhancement, spiritual growth, lifestyle management, life balance, decision-making, and achieving short-term or long-term goals.
4. Coaching will be an ongoing relationship that may take several 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, value clarification, completing 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.
7. 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.
8. Coaching assumes that each person in the relationship is guided by his or her values and beliefs. The Christian coach is a committed follower of Jesus Christ and seeks to live in accordance with this commitment. The Christian coach is honest in making this revelation, but he or she respects the different values and beliefs of others. The Christian 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.
9. Each person whose signatures appear below agrees that this agreement represents our mutual understanding of the coaching relationship.
10. Coaching is a fee-based service. New clients agree to four 50-minute weekly sessions. The non-refundable fee for all four sessions is \$300 and must be paid before scheduling the first appointment. Clients wishing additional sessions may continue at a reduced rate of \$50 per session.

Client's Signature

Date

Coach's Signature

Date