

## Sample Coaching Agreement

I, (client), agree to the following:

1. I take personal responsibility for the results of my coaching experience.
2. I realize that my commitment is essential to my success.
3. I agree to give 24 hours notice for any change or cancellation of sessions. I understand that I will be charged for any missed sessions if I do not give this notice.
4. I will call or visit my coach on time. I understand that if I am more than 15 minutes late for a call or session my coach will assume I will not be calling and will charge for the call or session.
5. I understand that the purpose of my sessions with my coach is to assist me in goals related to my business/career/personal development.
6. I understand that my coach is not a trained psychotherapist and will not be acting in the role of counselor, hypnotherapist or psychotherapist during our coaching sessions. I further understand that coaching does not take the place of psychotherapy.
7. I give my coach permission to be honest, direct, supportive, and to challenge me.
8. I understand and agree that I am fully responsible for my well being, including my choices and decisions. I understand that I am always free to reject any advice, suggestions or requests made by my coach at any time.
9. I understand that my coach will honor my confidentiality unless required by law to disclose information about me.
10. I understand that coaching is not to be used in lieu of professional advice for psychological, legal, financial, medical, tax, or other matters normally handled by other professionals.

Date of Agreement: \_\_\_\_\_

Client Signature: \_\_\_\_\_