Coaching Agreement

Prior to entering into a personal coaching relationship, please carefully read the following agreement and indicate you understand and agree by signing below.

1. I understand that personal coaching is a relationship I have with a personal coach that is designed to help me develop and establish short and long-term goals and develop and implement strategies to achieve those goals that may involve all areas of my life.
2. I understand that I am fully responsible for my choices and decisions and may discontinue coaching at any time.
3. I understand that we will coach by phone, or in person, or by Zoom, and I will make every effort to be ready for my appointment.
4. I understand that coaching conversations are confidential and my coach will not share our discussion with others without my permission.
5. I understand that for coach credentialing purposes my name and contact information, but not the contents of my coaching, may be given to the International Coach Federation and other qualified organizations.
6. I understand my coaching session will be $50.00 per session.

Client Signature:­­­­­­­­­­­­­­­ Date:

Coach Signature: Date: