

# COACHING CONTRACT



I, \_\_\_\_\_ am committed to creating a power coaching alliance with Coach that will support me as I move toward my goals. Coach agrees to hold all content of our session completely confidential, within the limits of the law.

## I agree to shape the coaching relationship to meet my needs by:

Sharing with Coach what I know about my own motivation	yes	no
Sharing what my values are and what is important to me	yes	no
Co-designing strategies that will support me	yes	no
Asking for changes when a strategy doesn't fit for me	yes	no

## I give Coach permission to:

Challenge me with powerful questions	yes	no
Hold me accountable for the actions that I choose	yes	no
Provide ideas and areas for me to think about	yes	no

## I agree to the following business arrangements

Free half hour consultation	yes	no
A fee of £100 per 1 hour session	yes	no
A fee of £290 for 3 x 1 hour sessions	yes	no
A fee of £540 for 6 x 1 hour sessions	yes	no
A fee of £120 for 1 hour outdoor coaching	yes	no
To be paid prior to the session / package	yes	no

## I agree to the following scheduling arrangements

If I am late for an appointment my time will be shortened	yes	no
I will reschedule any appointments 24 in advance	yes	no

**I understand and agree that I am fully responsible for my well-being during my coaching sessions, and subsequently, including my choices and decisions.**      yes

*A.I. Williams*

Coach Name

Client Name

Date