

COACHING AGREEMENT

Please note this is not a legal document and is provided for information purposes only.

My Commitment to You

As your Coach, I will provide you coaching in a professional client relationship that is designed to facilitate the creation and development of your personal, professional or business goals and to develop and carry out a strategy/plan for moving towards your goal.

At times, I may gently challenge you, this is so that you can increase your self-awareness, skills and knowledge so that you can achieve the outcomes you desire.

Your Commitment to Me

Your full participation during and after our sessions is needed as it is your commitment to your goals which will allow this to happen.

You agree to be honest and open, believe in yourself, adopt a positive outlook and commit to the process of change.

You are responsible for creating your own results and no guarantees or warranties can be given. You are solely responsible for creating and implementing your own physical, mental and emotional well-being, decisions, choices, actions and results arising out of or resulting from the coaching relationship and interactions we have. I am here to support and enable you.

You are aware that coaching is not counseling, psychotherapy, psychoanalysis or mental health care, treatment or therapy and is not a substitute for professional medical, legal, business or other qualified professional advice. If you are under medical or psychiatric care which will impact on our coaching now or in the future, you will need to provide written confirmation from your doctor/practitioner that it is appropriate for you to proceed/continue.

Ethics and Confidentiality

I agree to maintain the ethics and standards of behavior established by the Australia and New Zealand Coaching Alliance (ANZCAL). It is recommended that you review the ICF Code of Ethics and the applicable standards of behavior.

As part of our coaching sessions, I will make notes. These are kept confidential and will not be shared with a third party except as authorized by you or required by law (for example if I believe a serious crime has been committed or harm is likely to be caused by any person.) I am happy to share these notes at your request.

My Services

Each session will be for 60 minutes unless agreed otherwise by us both. You agree to attend our sessions at the agreed times. Any change to session time must be made by phone or text at least 24 hours in advance. Any missed sessions or sessions canceled within less than 24 hours will be charged at the full rate.

Payment of fees as per my fee schedule is required through internet banking (details advised separately) 24 hours in advance. Sessions are not confirmed unless prior payment has been received.

Termination of Agreement

This agreement may be terminated if either party fails to perform or comply with the terms of this agreement, failure to make payment has occurred or cancellation of 3 or more sessions within a short period of time.

Signed

----- [Coach – Lindsey Brittain]

----- [Client]

----- [Date]