



### Coaching Contract

*We are about to embark upon a process of Life Coaching;*

Each week, for the next .. weeks we will share a coaching session by telephone or on a face to face basis according to mutual convenience and arrangement,. with the first session on.....

Each session will last 45 minutes.

#### **My Commitment to you;**

- I have absolute faith in you and your abilities.
- I have high expectations of you and I want the very best for you.
- I believe in your own phenomenal potential to be, to do, or have whatever you want.
- I will demonstrate my belief by taking you and your desires seriously
- I will encourage you to show faith in yourself and to believe in yourself.
- I will work with you to define a plan of action for achieving your goals and desires.
- I will keep you on track.
- I will maintain absolute and total confidentiality.

#### **Your Commitment to me;**

- You agree to change your life with determination, courage and fearlessness.
- You will carry out any challenges or assignments that I set for you – and you will do so within our agreed timescale.
- You will suspend disbelief when necessary.
- You will keep going, even when the going gets tough.
- You will choose to adopt a more positive attitude and enthusiastic perspective on life, from this moment on.

#### **Our Agreement;**

I agree to coach you to the best of my ability, applying 100% of my energy and commitment

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I agree that it is time to move my life forward with absolute confidence and commitment

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