



COACHING AGREEMENT

Coaching is an ongoing relationship between a Coach and a person who desires/wants coaching. We agree that:

1. Coaching is **not** therapy, counseling, advice-giving, mental health care, or treatment for substance abuse. The coach is not functioning as a licensed mental health professional, and coaching is not intended as a replacement for counseling, psychiatric interventions, treatment for mental illness, recovery from past abuse, professional medical advice, financial assistance, legal counsel, or other professional services.
2. Coaching is for people who are basically well-adjusted, emotionally healthy, functioning effectively, and want to make changes in their lives.
3. Coaching is designed to address issues the person being coached would like to consider. These could include (but are not limited to) career development, relationship enhancement, spiritual growth, lifestyle management, life balance, decision making, and achieving short-term or long-term goals.
4. Coaching will be an ongoing relationship that may take a number of months, although either party can terminate the relationship at any time. Most or all coaching may be through telephone contact.
5. Coaching can involve brainstorming, values clarification, the completion of written assignments, education, goal setting, identifying plans of action, accountability, making requests, agreements to change behavior, examining lifestyles and questioning.
6. Coaching is most effective when both parties are honest and straightforward in their communications.
7. Coaching is a **confidential relationship** and the coach agrees to keep all information strictly confidential, except in those situations where such confidentiality would violate the law.
8. Each of the people whose signatures appear below agrees that this agreement represents our mutual understanding of the coaching relationship.

Signature (Person Being Coached)

Signature (Coach)

Date

Date