



JOY MCMILLAN • JOY@SIMPLYBLOOM.ORG/COACHING • JOY@SIMPLYBLOOM.ORG

## COACHING AGREEMENT

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*I am honored to serve as your coach and look forward to helping create the changes and life that you really want and are designed to have. This Coaching Agreement has been developed to give guidelines and policies. Please read it through and if you have any questions, we can discuss them further.*

### COMMITMENT

You are contracting with me as your coach because you want to make significant change in your life. Since change happens over time, I suggest committing to a three-month commitment of two one-hour sessions per month (six sessions). This will help us build a trusting relationship and will give you time to move forward with your actions and goals. Following the three months, we can continue our coaching relationship, if you so choose.

### COACHING RELATIONSHIP

Our coaching relationship will be designed together. Coaching is not advice, therapy, consulting or counseling. There may be times, however, when mentoring may be blended with the coaching. I will always ask your permission before sharing in this manner. Coaching may address specific business issues, personal projects, life balance, or general conditions in your life or profession. Throughout our coaching relationship, the conversations will continue to be direct and personal. I promise to be honest, straightforward and to speak the truth in love. I will do my best to ask clarifying questions and make empowering requests. The purpose of our interaction is to hold your focus on your desired outcome so you can stay clear and take action.

### COACHING SESSIONS

Our scheduled coaching sessions will take place over the phone. You will be emailed the contact information in the session confirmation email. We can both be considerate of each other's time by beginning and ending our calls on time. Should unforeseen circumstances arise, a call can easily be rescheduled. Your financial investment in these sessions will be handled one-on-one, via Paypal.

### ACCOUNTABILITY

As we coach, assignments may be given, or you may set a goal that you want to meet between sessions. I will encourage you to find someone who can hold you accountable. Of course, the ultimate accountability will be to yourself. It is understood that you will be responsible for achieving the goals that you set and for making decisions that impact your personal and business life.

### CONFIDENTIALITY

All information discussed and/or shared during coaching sessions will be kept strictly confidential (unless otherwise required by law). At times, information that is shared may be specific and explicitly personal. Your willingness to be truthful will be treated with ultimate respect. This is a special confidence.