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COACHING & CONSULTING AGREEMENT

I am honored to serve as your coach and consultant, and look forward to working with you. We will work together to create a plan for the life you really want and were designed to live. This Agreement has been developed to give guidelines and policies. Please read through it and if you have any questions, we can discuss them further.

COMMITMENT

You are contracting with me as your coach/consultant because you want to make significant change in your life. Since change happens over time, I suggest investing in at least a two-month commitment of two one-hour sessions per month (four sessions). This will help us build a trusting relationship and will give you time to move forward with your actions and goals. Following the two months, we can continue our coaching for as long as you choose, or pick up again at a later time.

COACHING & CONSULTING RELATIONSHIP

Our coach/consultant/client relationship will be designed together. While traditional coaching is not advice, therapy, or counseling, I have found that the service my clients request and appreciate the most is a hybrid blend of *coaching* and *consulting*. We will establish in our initial consultation what service or blend will best meet your need as we address your specific business issues, personal projects, life balance, or general life or professional situation.

Throughout our coaching and consulting 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 & CONSULTING SESSIONS

Our scheduled coaching sessions will take place over the phone or skype. You will be emailed the contact information in the first 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, before your sessions.

ACCOUNTABILITY

As we meet, 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 your coaching & consulting 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.