

Welcome to Coaching! This is a wonderful gift to give yourself. It is an investment that will continue to grow in every aspect of your life. Please fill out the forms included and fax them back to me before our first scheduled session. I am looking forward to partnering with you to meet your heart felt desires.

THE COACHING PARTNERSHIP AGREEMENT

I work with people who are ready to make changes to have the kind of life that is fulfilling for them. They are people who can permit being contributed to - that is, they can receive information and take it in to add to the quality of their life. I work with people who get blocked, stuck, blinded from time to time yet are committed to moving forward responsibly. I work with people who are interested in examining their limiting beliefs, taking ownership for their actions, thoughts, and designing a way to live that more fully expresses their passion. I work with clients to maintain personal well-being and balance in life.

Many want to have "a better life than this", but it lives in our imagination until we commit to having it. Action causes the "better life" to come alive, and only you can take the action. That is why even the smallest change can make the biggest difference.

THE COACHING RELATIONSHIP is a *partnership of two equals*. My relationship with you is based on a solid belief that you are smart, capable, mature people who want support in clarifying, articulating and achieving your desires. I am a lifetime coach – one that will be with you at any and all phases of your life. This is my commitment. I bring many tools to the call.

My Role

- I will ask provocative questions. I know the inner wisdom of my clients will provide just the answer they need in order to take the next step. I ask introspective questions about beliefs and ways of being in order to open to greater possibilities of their vision.
- I give information, education and direct advice from my own experience and education in coaching when asked for. I have 22 years experience in working with clients to achieve what they want.
- I provide support by reminding you of your strength, powerfulness, wholeness, and what is important to you, even when you get momentarily blinded with fear.
- I will keep ALL our conversations private and confidential. If you want to share with others, that is up to you.
- I will hold your agenda and goals first and foremost. I'm ready to listen. Tell me everything. This is your life. Nothing is unimportant.

- I will offer my intuition from time to time unless you request me not to.
- I will be on time for the calls.
- I am your coach FIRST. I am your friend second.

Your Role:

- To keep all agreed upon appointments and to be on time to the call.
- If you miss a call without re-scheduling in a timely manner (24 hrs), you are still billed for that call.
- To come prepared to share a win, a progress and to have a focus for the call. Sometimes you just need to clear energy/feelings first, so claim space to do that. "I just need to clear for 2 minutes before we begin." This honors that sometimes things back up and you are frustrated. Let's make space and be conscious that we need to drain the swamp before we can move into coaching. You lead the call. It is your life and your business.
- To make complete payments on time.
- To tell the whole truth, even if it is unpleasant. If something is not working in the coaching relationship you have a responsibility to speak it as soon as you are aware of it. This will keep the trust level high and the energy flowing. The same is true for what works for you – share that too.
- To do your work. Coaching works when you work. It is your life and your actions that make coaching successful for you. You are responsible for your results.
- To keep your commitments to yourself and to your coach.
- To make no excuses without acknowledging them as excuses.
- To take a leap, to stretch, to do something uncomfortable to grow.
- To say what you will do for your homework during the week to further the coaching. Make it specific actions you can take to see results in your goals.
- To respond to any request with "Yes", "No", or " No, but I will do this portion.

I have read and understand and agree to the terms of the Coaching Partnership Agreement and I am committed to upholding them for myself.

Signed: _____ Dated: _____