

# COACHING AGREEMENT

CLIENT NAME: \_\_\_\_\_ Date: \_\_\_\_\_

This agreement, between Teddy Gardner, M.Ed., PCC, WHE and the above named client, will include 2 Coaching Sessions / Calls per month. Additional coaching sessions are available, as requested by the client. A minimum three months commitment is recommended for progress.

The coaching fee is \$155 per hour, \$310 per month. Monthly invoices will be sent at the end of each month for services rendered.

The services provided to the client include a powerful, comprehensive process for personal transformation and coaching, as designed jointly with the client. Coaching may address specific personal projects, business successes or general conditions in the client's life.

I promise that all information provided will be kept strictly confidential, except in the rare case of needing to share your name and email to verify hours coached with the International Coaching Federation (ICF), for advanced credentialing. I will be honest and straightforward, asking questions and making requests. The purpose of our interaction is to keep you on purpose and aligned with your intentions and to support you in realizing those intentions.

To begin our working relationship, and to maximize our effectiveness, I make the following requests:

1. Please make all appointments / calls on time, or call at least 24 hours in advance to reschedule.
2. Be honest. My job is to support you in those actions YOU have chosen for yourself. Please use me as a safe place to look at what stops you from being in action.
3. Sometimes I may ask questions, which may seem too probing. Look right now and decide if you can give me full permission to be bold and forthright in all our interactions.

4. Please tell me what works and what doesn't work in having someone support you \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

5. Look and see if your goal is one you are absolutely certain you are ready to begin making happen now.

As a client, I understand and agree that I am fully responsible for my well being during my coaching calls, including my choices and decisions. I recognize that coaching is not therapy and that professional referrals will be given to me if needed.

Our signatures on this agreement indicate full compliance with the requests above, and complete understanding of the services to be provided.

\_\_\_\_\_  
Client

\_\_\_\_\_  
Date

\_\_\_\_\_  
Coach

\_\_\_\_\_  
Date