Coaching Contract

Go where you want to go!

This document is to be signed prior to the first coaching session

NB: this Coaching Contract is considered approved and in effect either by signature below or per returning approval mail clearly stating the approval.

Operational topics:

- We agree to a full coaching cycle.
- We will meet suitably private and undisturbed so to be fully 'present' for the coaching session.
- We agree to maintain coaching sessions at mutually agreed times and give reasonable notice if circumstances change.

Coaching relationship:

- The content of our coaching sessions will remain strictly confidential unless otherwise agreed.
- We will be open and honest with each other in order to achieve change and growth.
- We aim to build a relationship based on mutual trust and a collaborative approach toward learning.
- I (the coach) will employ strategies that challenge your (the client's) thinking to raise awareness and encourage responsibility.
- I (the coach) enter into the process a learning companion or critical friend with the intention of assisting your (the client's) personal and professional growth.
- You (the client) will follow up actions agreed to during the coaching sessions and I (the coach) will be reminding as fit.

Permissions:

- We give permission to take notes during coaching sessions in order to keep track of key insights and agreed actions. These notes are confidential.
- The coach has permission to interrupt the client in order to 'manage' the session.
- The coach has permission to challenge and push thinking on the part of the client.
- The client will provide feedback to the coach from time to time to ensure the coach is performing their role effectively.

Client:

Signature: _____

Date: _____ Date: _____

Please note: approval possibilities as stated in the intro text above, this document or mail.

YOUR PARTNER TO GET WHERE YOU WANT