

Life Coaching Contract

Agreement Date: _____

Name: _____

Sessions will be conducted in any of the following formats such as: over the phone or at a location of your choosing that is clean, private, comfortable and safe for you.

The first session will be administrative in nature and will entail collecting all completed forms, payments and discussion on the expectation of coach and client. The number of sessions required will be determined and agreed upon by both parties at this time.

Assignments given for any session should be completed prior to the session. However, not completing, or partially completing your assignments **is not** a reason to reschedule. Incomplete assignments may result in an extension of the number of sessions required to complete the contract and will result in additional payments.

It is very important that we work together during your scheduled sessions to strategize, overcome obstacles, and establish the next steps forward.

Once you have completed this form please email it to me or bring it to the initial session. Any questions, be sure to contact me at T4NewPerspective@gmail.com or (631) 223-8638.

Life Coach Disclaimer of Liability:

Client hereby employs this writer as a Life Coach for the purpose of supporting the Client with respect to Client's self-awareness, vision and goals, and strategic plans. This writer is certified and has experience in such matters and agrees to render such coaching services. Although I am a licensed therapist as well, this contract is for the sole purpose of life coaching and strategizing only.

I have read and agreed to the Policies and Disclaimer of Liability. ☐ Please check box/sign & date

Client's Signature (Date) _____

Life Coach's Signature (Date) _____

Numbers of Session(s) _____ Clients initial ☐

NOTE: Missing or rescheduling sessions is strongly discouraged. If an unforeseen event does require you to reschedule, I must be notified 24 hours prior to the scheduled session. If notification is not given 24 hours prior to the scheduled session time, the session will be considered missed and thereby forfeited and payment for that session will be non-refundable.

Please read and fill out two (2) complete copies of these forms

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What coaching is not

Coaching **is not** therapy counselling.

Coaching **is not** a medical model for "fixing" dysfunctions.

Coaching **is not** consulting. A consultant gets called in to give expert advice and give steps to solving an issue or problem.

Coaching **is not** friendship. You will not be given "advice" on what you "should" or "should not do".

What coaching is

"Coaching is a powerful communication tool. The principles of coaching which are connectedness, attunement and self-inquiry helps the client in self-reflection and the discovery of their innate inner strength.

Coaching helps you to clarify the "how" and the "what" in overcoming obstacles to your goals.

Coaching determines that you are the expert of your own life and therefore you have the answers lying within you.

Coaching focuses on your present and moving you successfully into your future.

Coaching is 100% Confidential & Non-Judgemental.

Roles and Responsibilities of Coach and Client:

Role of Coach What Client can expect from Coach	<ul style="list-style-type: none"> • Set boundaries. Eg. returning email and phone calls within one working day • I will help you set, clarify and maintain focus on your goals • I will hold you accountable - for what you say you're going to do • I will help you establish your own solutions & strategies • I will encourage, support & believe in you even when you may not! • I will challenge you and help you recognize where you may be holding yourself back. Together we raise your self-awareness
Role of Client What Coach expect from Client	<ul style="list-style-type: none"> • To be honest and open (and to tell me when you can't be) • Willing to adopt a more positive outlook on self and life • Ready to be fully accountable for your life/decisions/actions • YOU are responsible for YOUR results. Success is directly related to your commitment and the effort you make

I have read and agreed to the definition of coaching and the Roles and responsibility of coach and client ☐ Please initial

Client's Signature (Date) _____

Life Coach's Signature (Date) _____

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Overcomer's Personal/Professional Goals:

What are the biggest changes you want to make in your life in the next 3 months?

1. _____
2. _____
3. _____

What are the biggest changes you want to make in your life over the next 3 years?

1. _____
2. _____
3. _____

What do you most want to achieve for yourself in your life/career?

What are the restraining forces keeping you from achieve these?

What do you expect to achieve in life as a result of hiring me as your life coach?

Please list any changes you would like to make in the following areas:

Family:

Money / Financial Situation:

Career / Business life: _____

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Service / Personal Character: _____

Relationships: _____

Friends: _____

Living Space / Home: _____

Personal Growth / Learning: _____

Health / Self Care: _____

Creativity: _____

Play / Leisure time: _____