

Coaching Agreement



Please review, sign where indicated, and return a copy. We will meet by telephone or video conference based on your preference. I currently have limited availability to meet up in person. I am available for email or text coaching between sessions.

Coaching Fee:

Check One Option:

- New Client Special: 30-minute calls as agreed (FREE)
- 3 Month Program: Monthly sessions with follow up in between as needed (\$125 per session).
- Workshop plus Coaching: Participation in a group session plus a complimentary individual coaching session to be scheduled within 30 days. (Price Varies)

Payment

You may render payment by credit card or debit card. I also accept payments on Venmo, CashApp and Zelle. If you have billing questions, call me at 619-867-4574.

Changes/Cancellations

I request that you make our coaching sessions a priority. If you need to reschedule, please let me know at least 24 hours in advance. If I need to reschedule a session, I will give you as much notice as possible and try to make rescheduling as convenient as possible.

Extra Time

Please call or email me between calls if you cannot wait to share a success, need advice, have a challenge, or just want to check in. I have time between our regular calls and enjoy providing this extra level of service. I do not bill for this type of additional time, I only request that we keep extra calls to 5 to 10 minutes each.

Initial Coaching Period

The benefits of coaching build over time. To make this experience as valuable as possible, I have created a minimum coaching period of three months with all my individual clients. I recommend six to twelve months to establish longer-term support as you make major transitions and changes in your personal and professional life.

Confidentiality

It is essential to our coaching relationship that you can be open and share honestly. Our conversations are entirely confidential unless the release of information is otherwise authorized or requested by you or required by law.

Coaching Credentials and Education

I am a professional coach and have a certificate in personal development coaching from The Coaching and Positive Psychology (CaPP) Institute, founded by Valorie Burton and based on Dr. Seligman's research on well-being. I have completed studies in Marketing through Harvard, achieved an MBA in Managerial Systems, and am currently pursuing an EdD in Leadership. I am a change practitioner with nearly 15 years of experience spent on managing teams and projects.



Coaching vs. Counseling, Consulting and Mentoring

It is important to me that you have clarity about the difference between coaching and other types of professional services such as therapy or counseling, consulting, and mentoring.

Coaching focuses on where you are presently and where you are headed, with a goal of helping you gain clarity about your vision, eliminate obstacles to your success, accelerate the pace of personal growth and achieve results that empower you to live your best life – professionally and personally.

- o While coaching is forward-focused, counseling tends to deal more with past issues in which you may find yourself stuck and struggling.
- o We may occasionally discuss something that has occurred in the past, for the purpose of clarifying the present, but your coaching will not focus on resolving the past.
- o If your past is simply a fact (regardless of whether the circumstances were difficult or negative), you are probably ready for coaching.

A consultant takes responsibility for a specific project, acting as a specialist, providing specific deliverables and knowledge. I believe in your ability to fully experience your potential and will provide a safe, consistent space for you to develop your potential.

A mentor guides you towards a specific path of development. I am more interested in helping you onto the unique path that is meant for you. My job as your coach is not to tell you what to do, but rather to help you uncover the answers that lie within you.

Client signature _____	Date _____
Client Name _____	
Coach signature _____	Date _____

Billing Information	
Name (as it appears on credit card) _____	
Company Name (if applicable) _____	
Billing address _____	
City _____	State _____ Zip _____
Phone _____	Email _____
Type of credit card <input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Discover <input type="checkbox"/> American Express	
Credit card number _____	Exp date _____ 3-digit code _____
Authorized signature _____	Print name _____