



Bconscious U

Transformational life coaching with Beth

Coaching Agreement

Client Name: _____

This agreement, between Coach _____ and the above named client will begin on _____ and will continue for a minimum of 3 months. The fee for each session is _____ payable at each session and will last 1 hour or more. Dramatic improvements take time.

The services I provide to you is coaching either in person, tele-coaching or e-coaching designed jointly with you. Coaching, which is not therapy, counseling, may address specific personal projects, business success, or general conditions in the client's life or profession. Other coaching services include value clarification, brainstorming, identifying options of action, asking clarifying questions, and making empowering requests.

As your Coach I want you to know that I will honor the time we are together and hold your confidences. It is my personal commitment to keep my commitment to you and be impeccable with my word. I will not judge you, and will respect your perspective of the world. I will come from an open heart, and I will always hold you in a positive focus. It is a privilege to bring to you awareness, clarity of choices, and if you choose, action to your life. I believe you have all the answers within you.

Throughout our working relationship I will engage in direct and personal conversations. You can count on me to be honest and straightforward in asking questions and making requests. If you believe the coaching is not working as desired you will communicate and take action to return the power to the coaching relationship.

Our signatures on this agreement indicate full understanding of and in agreement with the information outlined above.

Client

Date

Coach

Date