



Coaching Agreement

About Your Coach:

1. Your coach agrees to keep all information shared during sessions private and confidential.
2. Your coach is not a licensed therapist or psychotherapist.
3. Your coach is here to support you with strategies/processes to help you become personally empowered.

About Your Coaching Sessions:

1. Your coach will provide support "in the moment," focusing on your goals and intentions for each session.
2. Coaching sessions will be scheduled weekly for 60 minutes at a predetermined time and day.
3. You are responsible for showing up fully prepared and on camera at the scheduled time using the Zoom link provided.
4. If you need to cancel a session, a 24-hour notice is required. Without notice, the missed session will count as one of your allotted sessions.

About Your Responsibilities:

1. I understand that coaching is not a substitute for professional advice, psychotherapy, or counseling, and I will seek these services if needed.
2. I take full responsibility for the decisions and actions I make in my life.
3. I agree to prioritize my well-being throughout the coaching process.
4. I acknowledge that my coach is not liable or responsible for any actions I take during or after our coaching relationship.
5. I understand that my coach does not guarantee or promise any specific outcomes.
6. By signing below, I confirm that I have reviewed and understood this agreement and agree to its terms.

Signature: _____ **Date:** _____

Printed Name: _____