

# COACHING AGREEMENT

## Client

I'm excited about working together on this/these growth goals:

I will diligently complete the action steps we agree on, and be punctual for our meetings so we'll make the most of our time together. I will consistently take the initiative with you in this relationship. I'm responsible for my life, and I'll make and follow through with my choices about what actions to take and what we work on together.

I will be a trustworthy partner, honest and open with you about what is going on in my life, and handling what you share with me with respect and discretion.

## Coach

I am excited about coaching you in this area. I commit to you to be punctual and well-prepared so we can make the most of our time together. I will be a trustworthy partner, honest and open with you about what is going on in my life, and handling what you share with me with respect and discretion. I'm committed to believing in you, supporting you in your change goals and helping you live out your destiny.

## Practical Expectations

### 1) Meeting Frequency:

We'll meet \_\_\_\_\_ times per month for 60 minutes each session. Meetings will take place via phone, Skype, Zoom, or face-to-face.

**2) Commitment:** We're committing to work together in a coaching relationship. We will bring ourselves to those coaching sessions free from distractions.

**3) Review:** We will take time to review how our relationship is going 30 days after our first coaching session. Based on that evaluation, we will decide on whether we continue our coaching relationship.

**4) Action Steps:** In each meeting, we will agree upon action steps to be taken.

**5) Schedule:** We will respect each other's schedules by making every effort to hold rescheduling and cancellations to a minimum.

**6) Initiative:** If I can't make a meeting or meet expectations, I will take initiative to let you know and reschedule with as much notice as possible (24 hours minimum). I agree to maintain these expectations in our coaching relationship. No-shows and cancellations that are not emergency-related will still incur the cost of a full session.

**7) Rate:** We've agreed that coaching is \_\_\_\_\_ per 1 hour session. Coaching Packages or Individual Sessions will be billed prior to the first session via \_\_\_\_\_ and payment needs to be received in order to begin our coaching relationship.

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## STATEMENT OF INTENT

All coaching services delivered by Roger Doyle are meant to challenge, uplift, and support you psychologically. However, coaching is not psychotherapy. If you feel psychologically stressed to the point that it is interfering with your ability to function, please have the courage to seek the help you need in the form of a professional counselor. Life coaching may augment your therapy, but the work of coaching is meant to be done when major emotional and psychological wounds are already healing or healed. In that spirit, please read the following and sign below should you agree to each statement and wish to proceed:

- I understand that the coaching services I will be receiving from RKD Coaching are not offered as a substitute for mental health care. I also understand that my coach, Roger Doyle, is not acting as a psychotherapist, and does not purport to offer mental health care.
- I understand that my coach will maintain the confidentiality of our communications only to the extent defined by the laws of the states in which each of us resides.
- I understand and agree that I am fully responsible for my well-being during my coaching calls, and subsequently, including my choices and decisions.
- I understand that all comments and ideas offered by my coach are solely for the purpose of aiding me in achieving my defined goals. I have the ability to give my informed consent, and hereby give such consent to my coach to assist me in achieving such goals.

I hereby release, waive, acquit and forever discharge Roger Doyle (AKA RKD Coaching) from every claim, suit action, demand or right to compensation for damages I may claim to have or that I may have arising out of actions, omissions, or commissions taken by myself or by Roger Doyle as a result of the advice given by Roger Doyle or otherwise resulting from the coaching relationship contemplated hereunder. I further declare and represent that no promise, inducement or agreement not herein expressed has been made to me to enter into this release. The release made pursuant to this paragraph shall bind my heirs, executors, personal representatives, successors, assigns, and agents.

I have read the statements above and I understand and agree with the points contained therein:

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## CONFIDENTIALITY AGREEMENT

The conversations that we have within our coaching sessions are confidential and will be protected as such. Information will be shared outside of our sessions only with your written consent or in the event that a Court Judge demands it, however, the following are instances where I would be obligated by law to break our confidentiality agreement without your permission:

- If it is assessed during your participation in coaching sessions that abuse or neglect of children or elders is occurring.
- If in my presence you threaten to kill or harm another individual, and I am convinced that you will act on this threat, or that you may lose control of your actions.
- If at any time during the course of our sessions, I determine that you are a danger to yourself, I will inform you of that opinion and make every effort to keep you from endangering your life. In some cases this may include notifying the police or family members.

Coach \_\_\_\_\_ Date: \_\_\_\_\_