

Coaching Agreement



Customer's name: _____

This agreement, between the coach: _____ and the client, will start at: _____ and continue for a period of _____ months, ending in: _____.

1. As a client, I understand and accept that I am fully responsible for my physical health, mental and emotional well-being during my coaching calls, including my choices and decisions. I am aware that I can choose to leave the sessions at any time.
2. I understand that coaching is a Professional-Customer relationship I have with my coach that is designed to facilitate the creation/development of personal, professional or commercial objectives and to develop and carry out a strategy/plan to achieve those objectives.
3. I understand that coaching is an integral process that can involve all areas of my life, including work, finance, health, relationships, education and recreation. I recognize that deciding how to handle these problems, incorporate coaching in those areas and implement my choices is exclusively my responsibility.
4. I understand that coaching does not involve the diagnosis or treatment of mental disorders defined by the American Psychiatric Association. I understand that coaching is not a substitute for counseling, psychotherapy, psychoanalysis, mental health care or substance abuse treatment and I will not use it instead of any form of diagnosis, treatment or therapy.
5. I declare that if I am currently in therapy or under the care of a mental health professional, I have consulted about the convenience of working with a coach and that this person is aware of my decision to continue with the coaching relationship.
6. I understand that the information will be kept confidential unless otherwise indicated in writing, except when required by law.
7. I understand that certain topics can be shared anonymously and hypothetically with other coaching professionals for training or consultation purposes.
8. I understand that coaching should not be used as a substitute for professional advice from legal, medical, financial, commercial, spiritual or other professionals. I will seek independent professional guidance for legal, medical, financial, commercial, spiritual or other matters. I understand that all decisions in these areas are exclusively mine and I recognize that my decisions and actions with respect to them are my sole responsibility.

Tarifas: All fees are paid in full, unless otherwise specified.

This is a training package for a period of _____ months including _____ sessions per month.

Additional appointments can be scheduled as needed. If you need to reschedule an appointment, provide at least 24 hours in advance.



Services:

The services to be provided by the coach to the client are virtual using one of the following platforms: Google Meet, Zoom or Skype, as agreed jointly with the client. Coaching can address specific personal projects, commercial successes or general conditions in the client's life or profession.

Other coaching services include: declaration of purpose, clarification of values, life objectives, identification and development of action plans, formulation of clarifying questions and making requests for empowerment or suggestions for action. Throughout the employment relationship, the coach will engage in direct and personal conversations.

The client understands that successful coaching requires a collaborative approach between the client and the coach. In the coaching relationship, the coach plays the role of facilitator of change, but it is the responsibility of the client to promulgate or provoke the change. If the client believes that coaching is not working as he wants, he must communicate it and measures will be taken to reestablish the coaching relationship.

Previous story:

The client also agrees, if necessary, to reveal details of past or present psychological or psychiatric treatment. By starting the coaching relationship and signing the agreement, you agree that if any mental health difficulties arise during the course of the coaching relationship, you will notify you immediately so that you can discuss the appropriate steps and if additional referrals are required.

Privacy:

The client can, at any time during the coaching session, declare his preference not to discuss a specific topic, simply by stating that he would prefer not to discuss this topic. The coach is committed to respecting this limit and will not try to take the conversation further.

All information about the coach/client relationship will be kept strictly confidential. If you want me, as your coach, to talk to someone outside of our interactions, you must give me written permission (original letter or email) to do so. Exceptions to confidentiality, of course, relate to circumstances such as the intention to seriously harm someone, child abuse, etc. Otherwise, all your information is confidential. It is also important to note that, in some situations, it is important to be aware of the use of technology, since for some customers there is a risk when using certain means, such as the Internet, mobile phones and cordless phones. If you use them to communicate with me, I will assume that it is appropriate to continue doing so in my interactions with you.

Termination:

Coaching will be carried out under the aforementioned terms and agreements and will continue during the contracted period. Only under mitigating circumstances can our coaching agreement be postponed up to 6 months after that agreement. I believe that each of my clients is a unique, creative and extraordinary human being in charge of carrying out their own life.

Our signatures to this agreement indicate full understanding of it with the information described above.

Cliente: _____
Date: / /

Coach: _____