

InnerVision Wellness LLC

Coaching Agreement & Expectations

Coach

- I will help my client identify and fully engage his or her strengths on the path to a better future.
- I will ask provocative questions and encourage my client to arrive at his or her own answers whenever possible and co-create answers otherwise.
- I will encourage realistic expectations and goals.
- I will be direct and firm with constructive reflections when needed.
- I will support my client in brainstorming creative possibilities for moving forward and navigating roadblocks.
- When appropriate, with permission, and within my scope of practice, I will offer advice, instruction, and resources for improving health, well-being, and performance.
- I will be punctual and responsive.
- I will recognize early whether the chemistry with a client is good or not optimal. If not optimal, I will refer the client to another coach or professional.
- I will acknowledge when my client has an issue that is outside my scope of knowledge and skills and recommend other resources.
- I will send a summary of each coaching session, including vision and plan for client editing (or ask the client to do so).

Client

- I want to improve my level of health, well-being, or performance in life or work.
- I am ready to take responsibility to make and sustain changes in at least one area.
- I am ready to invest at least three months to make improvements.
- I will be open and honest, and I will share personal information that is relevant to my health, well-being, and performance.
- I am ready to become more self-aware.
- I am curious and open to suggestions and trying new things.
- I understand that setbacks are normal on the path of change and necessary in order to establish new mindsets and behaviors.
- I will be punctual, responsive, and make payment(s) on time.

I have been made aware of coaching fees prior to signing below.

Client Name: _____ Date: _____

Client Signature: _____

Coach Signature: _____ Date: _____