

**Coaching Agreement**

Health...Wellness...Stress Management...Fitness...Retirement...Career

*Dr. Marilyn, Life Coach, Sports Psychologist, Fitness Professional*

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I want to welcome you, (your name)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_as you explore, expand, evolve into who you are becoming! I look forward in helping you co- create the life you desire by peeling away layers, uncovering, and discovering the real you. And, in the process, have some FUN!

Before we begin, there are some rules. So, here are a few rules that honor the professional nature of our relationship.

**Coach/Client Fee Policies & Procedures**

FEE: The fee per person for one-hour is\_\_\_\_\_\_\_\_\_\_\_\_. The fee is payable by personal check before the start of the first session. All checks should be made out to Dr. Marilyn Life Coach.

**Definition of Service**

I want to welcome you, (your name)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_as you explore, expand, evolve into YOU. Here is what you can expect:

a) **Calls**: Our agreement includes (1) one-hour coaching session, 1 time a week for one, two or three months. We will make that decision together. We will book our calls in advance to meet at the same time/same day. Once we have decided on time/day, you can call me at the appointed time. Please note that if you are late in calling, the time for the session will have begun. It is important to be ON TIME for all sessions.

b) **Check-in calls**: You will have the option to do 1 check- in call during the week. Check-in call will be 5-10 minutes. Again, if you want to speak with me, email me first for a mutually convenient time. Once scheduled, please call me. Remember, these are check-in calls; these calls may be celebrations or questions about recurring activities.

c) **Email**: I am available by email for questioning and "sharing": news, insights, challenges, and accomplishments. I will typically respond to these communications within 24 hours, though if my travel schedule has me out of the office for an extended period, it may be a few days longer.

**Length of Agreement**

Our agreement is \_\_\_\_\_ month(s). If at the end of the first, second or third month (whatever option you choose), you wish to continue, we can renew and discuss the new length of time commitment.

**Procedure**

Our appointments are scheduled ahead of time. For our check- in calls, email me first so we can set up a mutually convenient time. No weekends, please.

**Changes/Commitment**

It is important that you rearrange your schedule to make this a worthwhile commitment to yourself.

**Problems**

If I ever say or do something that upsets you or doesn't feel right, please bring it up. I promise to be open to anything you need to say and I will do my best to make it right.

**Confidentiality**

I recognize that certain information of a confidential nature may be shared during our sessions. I will not use this information for personal gain or disclose this information to anyone else without your specific approval.

**The Nature of the Relationship**

Our coaching relationship is not to be considered psychological counseling or any type of therapy. While I have a doctorate in Sports Psychology and may use some psychological "tools" to help you discover YOU and what you truly desire, these sessions are not to replace sessions with a therapist. Much of what happens will come from your own expertise and experience as we co-create some fun activities.

**The Most Important Thing**

Is that you are ready to explore, expand, and evolve into YOU on your own terms. I promise to support you, cheer you on, and challenge you in every way that I know; because when you have fun and see results, you will have discovered the real you.

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Marilyn S. Gansel, Coach Date Name, Player Date

Please email a signed copy of this agreement before our first coaching session.

Note: Your coaching sessions may be tax deductible: check with your local accountant for confirmation.