



## **Player Agreement**

I want to welcome you to Mastering your Mindset. I look forward in being your coach by helping you co-create the life you desire by peeling away layers, uncovering, and discovering the real you...turning impossible to possible! And, in the process, have some FUN!

Before we begin, here are a few rules that honor the professional nature of our relationship:

### **Coach/Player Fee Policies & Procedures**

Fee: Fees are paid in full prior to our first coaching session.

### **Definition of Service**

a) Calls: Our agreement includes meeting once a week for a period of four months either in person, by phone or Skype. We will book our calls in advance to meet at the same time/same day for four months. Please note that if you are late, the time for the session will have begun. It is important to be ON TIME for all sessions. Initial here \_\_\_\_\_

b) You will have the option to do 2 check-in calls during the week in between our coaching session. These calls 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. Initial here \_\_\_\_\_

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. Initial here \_\_\_\_\_

### **Length of Agreement**

Our agreement is for four months (unless there is a desire for a longer commitment, especially if this is a group coaching session). If at the end of four months, you wish to continue, we can renew and discuss the new length of time commitment. Initial here \_\_\_\_\_

### **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. Initial here \_\_\_\_\_**



### **Changes**

Group dynamics (for group coaching only) are really important. Members depend on each other to evolve. It is important that you rearrange your schedule to make this a worthwhile commitment to yourself and members of the group. Initial here \_\_\_\_\_

### **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. Initial here \_\_\_\_\_

### **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. This confidentiality agreement holds true for participants/players during this process in a group setting. As members of a group, each member agrees to keep all information private and not to be disclosed to others outside the group. Initial here \_\_\_\_\_

### **The Nature of the Relationship**

Our coaching relationship is not to be considered psychological counseling or any type of therapy. While I have credentials and proficiency as a coach, these sessions are not to replace sessions with a therapist. For group coaching, much of what happens in a group are members helping each other through their own expertise and experience. Initial here \_\_\_\_\_

### **The Most Important Thing**

Be 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. Let's turn what you believe to be impossible to possible!

Please sign and date below:

Name of Coach \_\_\_\_\_ Date \_\_\_\_\_

Your Name \_\_\_\_\_ Date \_\_\_\_\_

Please email, scan or fax (put fax number here) 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.