

Coaching Agreement

CLIENT: _____ PHONE: _____ EMAIL: _____

CALL/MEETING PROCEDURE

You and your coach are scheduled to talk once a week for thirty minutes each session. Your coach will initiate the call/meeting, so please be available (on time) at the specified time each week. Please remember that this time has been reserved for you and respect it. If a change is needed, please give your coach 24 hours notice to reschedule a session. If you miss a call you will have one opportunity to re-schedule a make-up time. A missed call will be charged as a coaching session. Making your time a priority will insure the best results for your desired outcomes.

COACHING FEES

Coaching is a relationship. You will be billed monthly for either 2 or 4 calls (or meetings) per month. The following are the standard types of meetings. This can vary with the coach and the PBC's mutual agreement.

Individual phone coaching sessions	30 minute session (via phone)
Couples relational coaching sessions	60 minute session (via skype or face-face)
Family relational coaching sessions	60 minute session (in home or via skype)

Recommended Coaching Timetable:

A minimum of 12 weekly sessions to begin coaching relationship (3 months).

Family and Couples coaching may begin with in-home, face to face or Skype for first 1-3 sessions.

You will be billed monthly at the beginning of each month. Payment will be due by the first of the following month.

PROBLEMS

If your coach says or does anything that upsets you or does not feel right, please bring it to her attention. Honesty and trust are critical for the relationship to grow.

CONFIDENTIALITY

All information discussed and/or shared during coaching sessions will be kept strictly confidential (unless required by law-in cases of self harm or harm to others). You willingness to be honest will be treated with ultimate respect. You are free to share anything from your sessions that you desire, however, I will guard our conversations with the strictest of confidential trust.

Please read the following and sign and date on the lines below (e-signature is acceptable).

As a client, I understand and agree that I am fully responsible for my well-being during my coaching calls, including my choices and my decisions. I am aware that I can choose to discontinue coaching at any time. I also recognize that coaching is not therapy and that professional referrals will be given to me if needed or desired.

CLIENT: _____ EMAIL: _____

COACH: Rebecca Sassenrath DATE: _____

REBECCA SASSENRATH 916.300.7946 rs@rebecca4realife.com