

# Sample Contract

I, \_\_\_\_\_ client's name \_\_\_\_\_ have decided to create a coaching alliance with

(\_\_\_\_\_ coach's name \_\_\_\_\_) that will support me as I move toward my goals.

(\_\_\_\_\_ coach's name \_\_\_\_\_) agrees to hold all content of our sessions confidential, within the limits of the law.

**Client: what coaching expects of you . Do you agree? If so, check the box .**

I will to the best of my ability:

- Speak about my life truthfully and honestly.
- Share what I know about my own motivation.
- Make requests when I find ways that the alliance can serve me better.
- Use the coaching time to think for myself and pursue my own agenda, personal, professional, or both.
- Be willing to confront roadblocks I put in my own way.
- Be kind to myself when something doesn't go according to plan.

**About Time:**

I will:

- Expect my time to be shortened if I am late for a meeting.
- Re-schedule any meetings 24 hours in advance.
- Our contract begins ( date \_\_\_\_\_) and is complete on ( date \_\_\_\_\_).
- We will meet (daily, weekly, every two weeks, monthly etc.)
- Our regularly scheduled meeting time is \_\_\_\_\_ day \_\_\_\_\_ at \_\_\_\_\_ time \_\_\_\_\_.

**About Money:**

- The fee for this contract period is \_\_\_\_\_
- Payable \_\_\_\_\_

Coach name \_\_\_\_\_

Client name \_\_\_\_\_ Date \_\_\_\_\_