

# COACHING AGREEMENT

## THIS AGREEMENT IS MADE BETWEEN

[COACH] and [CLIENT]

Congratulations on making this commitment to yourself and your growth. Together we are going to identify where you may be getting in your own way, and release what is no longer serving you, so that you can show up more fully in your business and your life.

Our work together will be intensive, but you will be supported every step of the way.

IN THIS DOCUMENT YOU WILL FIND A FEW THINGS THAT WILL HELP US MAKE THE MOST OF OUR TIME TOGETHER AND CREATE A POWERFUL COACHING CONTAINER:

1. An outline of our work and expectations
2. An outline of deliverables
3. An agreement to sign and return

## COACHING AGREEMENT OUTLINE OF OUR WORK AND EXPECTATIONS

You:

- Show up fully! Be prepared for coaching calls with either a question or update
- Be on time for scheduled appointments
- Be honest and authentic at all times
- Ask for help when you need it
- Be willing and enthusiastic about trying new things and exploring deeply both those things that you love, but also those things you'd rather hide
- Ensure that payment is made in advance and any agreed schedule is honoured
- Be prepared to step out of your comfort zone and into an achievement zone with my support
- At all times work in partnership with me (and the rest of the mastermind group)
- Embrace any training materials I share with you and complete in a timely manner
- Communicate clearly and readily so I know what you need
- Raise any concerns with me promptly and not let them fester
- Have fun on your journey!

## OUTLINE OF OUR WORK AND EXPECTATIONS

Me:

- Show up fully and on time for our scheduled appointments
- Conduct all my dealings with you in absolute dignity, respect, honesty and confidentiality
- Be committed to both the spirit and the letter of any agreements made with you
- Share with you all my knowledge, skills, experience and expertise where appropriate and when I deem necessary
- Provide you with the necessary training materials, coaching and advice to help you identify and move through self-sabotaging patterns
- To lift the bar, just when you thought you had reached it
- Answer your questions, and if I don't have an answer, to recommend outside resources to help you
- Maintain a positive and professional attitude
- Communicate clearly with you at all times
- Have fun with you!

## DELIVERABLES

### 1:1 Coaching Calls

6 hours of coaching calls spread across a 12 week period. In these calls you can expect to receive coaching, answers to your questions, immediate strategies and celebrations.

### Instant Q and A

During the Side-By-Side you may also private message me on Facebook with questions or coaching requests. Many clients find that a few minutes of messaging can get them unstuck fast and deliver powerful and timely results. This saves your Coaching Calls for bigger work!

## TERMS AND AGREEMENTS

Coach \_\_\_\_\_  
and Client \_\_\_\_\_  
agree (this Agreement”) as follows:

- If you are on a payment plan and for any reason a payment is missed or declined by our charging system, your membership on the program will be suspended until payment is brought current. There is no carryover of missed time.
- Appointments, calls or coaching sessions that are missed without prior notice will not be made up and do not carry over to any future work together.
- Coaching calls require a 24 hour cancellation notification, otherwise it will be counted towards your coaching call allowance.
- Membership is not transferable.
- Access to training material, coaching and any other resources shared as part of this program that is created by Lorraine Hamilton or Think Program Ltd is only for clients. You may not reproduce or share in any form the materials or resources provided by this program.
- An individual s success is dependent on a number of factors, including their dedication, motivation, desire and background. By signing this agreement you acknowledge that there is an inherent risk of loss of capital and there is no guarantee that you will earn any money as a result of your participation in this program.
- You acknowledge that by signing below you have represented to the Company that payment of your fees does not place a significant burden on you or your family.
- By signing this agreement you acknowledge that you have read, understand and agree to all the terms and conditions contained in this Agreement.