Coaching Contract

Client Name _____

This agreement, between coach _____ and the above-named client, will begin on _____ and will continue for _____ weeks / months. The charge for the initial meeting is £ _____, and the charge for the coaching is £ _____ , payable in advance / £ _____ each month.

The services to be provided by the coach to the client are coaching, either face to face or online, as designed jointly with the client. Coaching, which is not advice, therapy, or counselling, may address emotional support, parenting, specific personal projects, career, or general experiences in the client's life or work.

Upon completion of the agreed coaching period, coaching will convert to a month-to-month basis. The client and coach agree to provide each other with fourteen-day notice in the event either wishes to cancel further services. It should be noted that the monthly fee is calculated based on an average of four weeks per month.

The coach promises the client that all information provided to the coach will be kept strictly confidential and secure in line with GDPR guidelines. The coach will anonymise any information that they share in coaching supervision sessions.

Throughout the working relationship, the coach will engage in direct and personal conversations. The client can count on the coach to be honest and straightforward in asking questions. The client understands that the power within the coaching relationship sits with the client, and the client agrees to taking responsibility for their own actions. If the client feels the coaching is not working as desired, the client will communicate that with the coach and together they will agree what needs to change in order for the coaching relationship to remain powerful.

Our signatures on this agreement indicate full understanding of an agreement with the information outlined above.

Client _____ Date _____

Coach _____ Date _____