



COACHING EXPECTATIONS

1. Pray: Please take time prior to our session to pray. Ask the Lord to give us guidance and direction and prepare your heart for what He wants you to gain during our time together.

2. Confidentiality: Everything we discuss will be held confidential.

Cancellations: If possible, please contact me within 24 hours of our session if you need to reschedule, however, I completely understand those unexpected situations may come up. In that case, please contact me as soon as possible so we can reschedule.

3. Be On Time: Please be on time (if not early) for our coaching sessions. To respect your time and mine, we will start on time and end on time. For coaching calls or Skype calls, I will call you exactly at our starting time.

4. Assignments/Accountability: Part of my job as your coach is to hold you accountable. Please complete all of your assignments in order to move forward and make progress.

5. Communicate: Please communicate with me in between coaching sessions as needed via email or text. I will be here to answer any questions and offer any advice, encouragement, or prayer you may need. I will be checking in on you at least once a week just to see how you are doing and how your assignments are coming. I will not be available at all on Sundays. Saturdays are family days so I will be less available, but will still return messages when I can. Thank you for understanding.

6. Positive: Please be positive. When your attitude is focused on positive thoughts, your coaching experience will be more beneficial. At the same time, please be honest. Be comfortable sharing any challenges you are experiencing and we will solve the problem and figure out a solution together.

COACHING GUIDELINES

1. As a client, I understand and agree that I am fully responsible for my well-being and the well-being of my family and my children, including my choices and decisions. I am aware that I can choose to discontinue coaching at any time. I recognize that coaching does not take the place of counseling and that professional referrals will be given if needed.

2. Life coaching is a relationship between a client and a coach that is designed to facilitate the creation and development of the client's personal goals. The relationship is also designed to develop strategies to carry out a plan for achieving those goals. I understand that Teamwork Parenting Coaching is typically about learning new parenting strategies that revolve around relationship-building and teamwork. It is about looking towards the future with new parenting tools, not about repairing or uncovering my past.

3. The life coaching we will be doing will focus primarily on Teamwork Parenting. We will also take some time to explore more about you. The methods of assessments may include but are not limited to: how you're wired, how you learn, how you process information, how you feel loved, your strengths, your gifts, talents, and natural abilities, your personality type, your communication style, etc. More tests and assessments may be added as needed. I acknowledge that how I handle the information I learn about myself and the choices I make are exclusively my responsibility. Some tools will work for your family. Some tools won't. It is solely your responsibility to decide what is best for you and for your kids.

4. Teamwork Parenting Coaching does not treat mental disorders as defined by the American Psychiatric Association. Coaching is not a substitute for counseling, psychotherapy, psychoanalysis, mental health care, or substance abuse treatment, and is not to be used in place of any form of therapy.

5. I acknowledge that I have been completely honest about my health history, mental health history or previous treatments for substance abuse that may impact my coaching relationship. If I am currently in therapy or otherwise under the care of a mental health professional, I have consulted with this person regarding the advisability of working with a life coach and this person is aware of my decision to proceed with the life coaching relationship. I am willing to sign a Release of Information form so that my coach and my counselor may collaborate on my coaching.

6. I understand that information will be held as confidential unless I state otherwise, in writing, except as required by law to include- if I become a danger to myself or someone else, if I abuse a minor or an elderly person, if I am involved in a court case against my coach.

7. I understand that Teamwork Parenting Coaching is not to be used in lieu of professional advice. I will seek professional guidance for legal, medical, financial, business, spiritual, or other matters. I understand that all decisions in these areas are exclusively mine, and I acknowledge that my decisions and my actions regarding them are my responsibility.

8. Coaching may be an on-going relationship that may take a number of weeks or months; however either party can terminate the coaching relationship at any time. Some or all of the coaching may be done over the phone or via Skype.

9. Teamwork Parenting Coaching can involve new parenting tools to try, effective discipline strategies, goal-setting, assessments, assignments, thought-provoking questions, discussions, problem-solving, identifying plans of action, accountability, education, and prayer.

10. Any coaching relationship is most effective when both parties are honest and straight forward in their communication. I will give each and every coaching session my best. And coaching will benefit you the most when you choose to give it your best too.

11. There are so many variables in coaching, and ultimately, you are in charge of you. You are responsible for your choices. I promise to prayerfully guide you, however, except as expressly provided in this agreement, there are no guarantees or warranties, expressed or implied as to the outcomes of my coaching.

12. Prior to beginning, both parties will agree: to a fee, form of payment, procedures for cancelled appointments, and initial length of commitment. I agree to notify my coach 24 hours in advance of cancellations for scheduled calls or sessions understanding the coach reserves the right to bill for missed appointments.

Please note:

*Sessions are 1-hour sessions unless otherwise specified.

*Prior to each session the coach will send Pre-Session Questions or other assignments or assessments. Please complete and send to coach at least one day prior to your next coaching session or on the due date given by the coach.

*Coach will call client at the number provided on the date and at the time scheduled. For in-person coaching, coach will confirm the desired place and time for coaching session.

I have read and agree to the above. Please electronically sign the agreement below or print out and email to your coach. Please print Coaching Agreement Expectations and Guidelines for your records.

Name (Please Print): _____

Sign Here: _____

Date: _____

Let the TEAMWORK BEGIN! :-)