

COACHING AGREEMENT

Client: _____

Date: _____

Client Organization: _____

Coach: Malva Gasowski



Purpose:

I, Malva Gasowski, am offering this agreement to provide coaching for the client _____

Studies have shown that distance counselling can be as effective as face-to-face counselling. *The client understands that while results are not guaranteed, distance coaching can help you to understand yourself better, improve your relationships, develop skills to address problems the client encounters, reduces stress, and gives the client a better quality of life. Best progress occurs when appointments are scheduled and kept at regular intervals.*

What is Coaching?

Coaching is personalized and tailored support that directly involves people in a process of identifying and building on their strengths. Coaches partner with people to create a safe, stimulating environment where they can identify obstacles and reach their highest potential. People hire coaches to help them achieve a variety of personal and professional goals such as maximizing success, improving quality of life, developing successful business strategies, and managing career or life transitions.

The coach's job is to work with people -referred to here as "clients"- to enhance their skills, resources, and creativity. Coaches use a variety of tools in their practice including values clarification, brainstorming, identifying plans of action, and examining modes of operating.

Coaches are trained listeners, and use powerful questions to bring out client-driven strategies and solutions.

Coaching Relationship & Boundaries

Coaching Boundaries:

Client understands that coaching does not involve the diagnosis or treatment of mental disorders nor is it a substitute for professional advice by legal, medical, financial, business, spiritual, or other qualified professionals.

Coaching is also not a substitute for any form of medically prescribed or specified services (including psychotherapy, counselling, psychology services, therapy or analysis). A minimum of 24 hours notice is required for canceling or changing the online appointment.

Client is Fully Responsible:

The client understands that coaching is an ongoing, interactive, professional relationship designed to help the client achieve his/her desired results in their career and in life. By signing this agreement, client agrees that he or she is fully responsible for his or her physical, mental,

and emotional well-being, including his or her choices, decisions, and actions. Client is aware that he or she can choose to discontinue coaching at any time.

Accordingly, I (Malva Gasowski), will be indemnified and held harmless from any claims, demands, causes of action or litigation including, but not limited to, all costs of reasonable attorney's fees, which may arise or be incurred by reason of the services performed.

My Philosophy of Coaching

Coaching supports individuals and families in achieving the results that are important to their personal and private success.

I assume that my client is the expert on his or her own career/ leadership/ life preferences and goals.

My role as a coach is to draw out the client's expertise through inquiry, curiosity and gentle challenges. I help the client to stretch into his or her best self.

To do that, I introduce self-observation exercises and behavioural practices. I am attentive to my client's physical, emotional and cognitive state. I help the client to focus on his or her preferences, needs and behaviours. My role as a coach is distinct from consulting, advising, therapy, or counselling. Overall, as a coach, my job is to empower my clients to take action and make informed decisions. This is different than the role of a mentor or advisor.

Confidentiality:

Your use of the coaching service and what you talk about in your sessions are both treated as confidential within the Service and are not normally disclosed to anyone else unless specified by the client.

In exceptional circumstances confidentiality may be broken. The circumstances could include:

1. Where you as a client give consent for the confidence to be broken.
2. Where I feel it is appropriate to consult with, or involve other professionals such as your GP in circumstances where there is a risk of harm to you or to a third party. In such cases I will aim to discuss any action with you first and seek to gain your co-operation.
3. Where in extreme cases I am legally compelled by a court of law.
4. Where statutory law requires me to inform the relevant authorities (such as terrorist activities, drug trafficking or abuse of a child or vulnerable adult).

Scope of Coaching:

This agreement is that the initial termin of coaching is 6 online sessions, thereafter subject to extension or completion. Sessions will take place online, according to the clients and coaches availability within a period of 6 weeks, starting from the first session.

The client agrees to pay for the sessions a sum of 590USD plus tax (13%) in advance for the session in two instalments, before the first and fourth session. Once your order has been submitted to "Coaching-Mother and all" it is understood by you, the client, that the fees provided are considered non-refundable.

I have read both pages and I confirm my understanding of this agreement and agree to the terms by signing.

Client: _____ date: _____

Coach: _____ date: _____

