



Expectations for the Coaching Agreement

What you can expect from me

1. Tailoring the coaching to what works best for you and moves you forward.
2. Helping you identify and try new practices and skills to achieve your desired outcomes.
3. Bringing all of my skills, knowledge and resources to help you achieve your goals. This includes: taking a holistic approach, asking provocative questions, deep listening, being candid, and offering insights, observations and feedback in an appropriate mix of challenge and support.
4. A bias on increasing self-awareness and honing self-mastery for achieving more sustainable change.
5. Helping you hold yourself accountable for doing what you say you will.
6. Not engaging in therapy or counseling and suggesting other resources if deeper exploration is needed.
7. Honoring our confidentiality agreement.
8. Being direct and honest.
9. Adhering to professional coaching ethics. You can access them at:
<https://coachfederation.org/about/ethics.aspx?ItemNumber=850&navItemNumber=621>

What I expect from you

1. Taking ownership for your development and achieving your goals
2. Using the coaching resource as you would any other costly resource.
3. Communicate your plans and progress to relevant others to align expectations and secure their support.
4. Hold yourself accountable for completing the work you agree to and attend the scheduled sessions. Cancellation within 24-hours of a scheduled session is not considered completing the work.
5. Honoring confidentiality agreements.
6. Be direct and honest in your responses and give feedback about our coaching relationship and process.
7. If you want to stop the coaching for any reason, let me know. After a discussion, we will determine what changes may need to be made or if it is best to disengage and I will help you find another coach/resource.