



COACHING AGREEMENT

My coaching vision involves finding the genius that exists within each one of us. We know ourselves and our world better than anyone else. My aim is to support you and challenge you to take your next steps towards being the leader that you want to be in this journey called life and in the process be the best that you can be.

The Coachee agrees to:	The Coach agrees to:
Be timeous and prepared for all meetings.	Be timeous and prepared for all meetings.
Be open and honest in answering questions.	Provide a safe space for the coachee to explore feelings, thinking and belief systems through questioning.
Be responsible for your own learning and growth and commit to learning new behaviours.	Be responsible for shifting the way you see and act in your world, moving you out of your comfort zone.
Follow through on commitments made in a timeous manner.	Follow through on commitments made in a timeous manner.
Establish goals with the coach and an agreeable measure on the results.	Assist in clarifying goals and creating an environment for the coachee to make progress towards their desired goals.
To be fully present and free of distractions in all meetings.	To be fully present and free of distractions in all meetings.
Share concerns on discomfort or any other issue with the coach.	Be open to feedback and work towards achieving maximum benefit for the coachee.
Agrees that the recordings will only be used by the coach for self assessment purposes and it is completely confidential.	Agrees that the recordings will only be used by the coach for self assessment purposes and it is completely confidential.

The goal is _____

We will work towards this over ___ sessions as scheduled at a mutually convenient time. The sessions will be 60 minutes long. A zoom request will be sent at least 24 hours in advance. Should the need to reschedule arise, the coachee will inform the coach (Judy) ASAP via whatsapp on 082-374-9417 for planning purposes. Alternatively, you can reach Mary-Ann on 083-212-4745.

Signed at: _____ Signed at: _____

Date: _____ Date: _____

Coachee : _____ Coach: _____

Signature: _____ Signature: _____