

COACHING SUCCESS *guidelines*

WHAT IS EXPECTED OF THE CLIENT

- ✓ Attend each session on time and be open and ready to approach the work with effort and motivation.
- ✓ Schedule your-weekly coaching sessions as well as your independent practice.
- ✓ Complete suggested "homework" between sessions and reflect on progress as part of independent practice.
- ✓ Be open to changes in the goals laid out in the coaching plan as the coaching sessions progress.
- ✓ Trust the coach's judgment in the best way to implement the coaching plan goals.
- ✓ Throughout keep an open and motivated mindset and enthusiasm to work with the coach to achieve the goals in your coaching plan.

WHAT IS EXPECTED OF THE COACH

- ✓ Treat the client with respect and listen actively to what they have to say without judgement
- ✓ Assign weekly "homework" activities meant to help the client make progress toward reaching their goals.
- ✓ Treat the client's conversations and discussions as confidential
- ✓ Clarify goals and create detailed action plans so that the pathway to achieving those goals is clear.
- ✓ Schedule 1-hour face-to-face coaching sessions following the content set out in coaching plan with the intent of helping client reach their goal in less than 10 sessions.
- ✓ Hold the client accountable for the progress they are making towards achieving their goals.

I have read these guidelines and agree to follow them.

Client Signature:

Coach Signature:

OUR COACHING *guidelines*



In all of our interactions as client and coach, we agree to:

Engage in conscious communication with each other.

Offer mutual support and respect for each other's individual paths.

Be mindful and responsible for our own thoughts, words and actions.

Cultivate an environment oriented to personal growth.

Maintain honesty and integrity to ourselves and others.