

CLIENT COMMITMENT & CONFIDENTIALITY AGREEMENT

Life coaching sessions will provide you with an opportunity to explore your thoughts and feelings to assist your learning, understanding and personal growth. My role as your coach is to help you through this process without judgment. I may on occasions give you information or offer suggestions to assist us in this process. If at any time you are unhappy with the progress we are making you can terminate this agreement at no cost.

This process involves your commitment, honesty and a desire to change. On my part, I pledge true helping intent and will offer commitment, honesty and respect throughout the coaching relationship alongside my broad range of life coaching skills.

Our work together will remain confidential where anything discussed inside of our sessions will not be discussed outside of our sessions. There are however some exceptions to this. I will attend regular professional supervision as part of my continuing professional development, to ensure that you receive the best possible service but any information discussed under supervision would be anonymous.

Coaching sessions last for between 60 – 90 minutes and will be pre-arranged at a time suitable to ourselves. If for any reason I have to cancel a session I will provide you with minimum 48 hours' notice and ask in courtesy that you will do the same. As coaching is open ended as opposed to limited, it is important that ending our sessions together is not sudden, so we will regularly review progress to help determine the duration of our work together. Our sessions together will be charged at the standard rate of “ ”.

Agreed session fee: _____

I may at times keep brief written notes which you are welcome to see at any time. These records are maintained confidentially and will not be stored on computer or passed to other agencies. At the end of our work together my notes will be retained securely for 5 years in case you wish to return to coaching at a later date. After that time they will be destroyed by secure shredding. If there is anything you are not sure about, please ask me as many questions as you need to.

I will look forward to our working together.

Signed:

We both agree to the above terms and conditions:

Name:

Name:

Signed:

Signed:

Date:

Date: