

# The Genuine Mentor

## Coaching Contract

### **Preparation for Intro Coaching Session:**

Please give some thought to the following questions and answer them prior to starting coaching, as they will guide us in our work together, and prepare you for the success you are seeking.

**Coaching is a partnership of two people coming together to assist a client in identifying where they'd like to go, what needs to be shifted, and what identified milestones will demonstrate that the partnership is producing desired results.**

To do so, there needs to be a thoughtful agenda put into place that helps to drive forward movement. While goals can morph in the course of coaching, we need a starting point, and that is what this form is designed to do.

Please email or fax this back to me as soon as you can so that I will be as ready as I can be to be of service to you. You can use this form as a guide and you can insert your own answers, or you can answer each question in the body of an email. I'm looking forward to seeing what emerges as you do some soul-seeking and preparation for breaking new ground in your life!

### **Questions for coaching preparation:**

What is the gap between where you are now and where you'd like to be?

If you could design the life you'd most like to lead, what would you be doing and who would be around you?

If you were ten times bolder than you are today, what would you be doing on your own behalf? How will you know that our coaching is succeeding? (ie what will others see you doing differently, or what will change in your life?)

What are you willing to let go of in order to be successful?

How will you benefit from having a focused conversation each week?

What values (things that ignite you or light you up) do you want to orient your life around?

What is it that you want more of (or less of) in your life?

What do you think you'd like to focus on first?

What will be the first signs to you that the coaching is working for you?

The attainment of what goals will justify the first 90 days fee?

How will your life be different when you attain/maintain these goals?

How will you know when our coaching has come to a successful conclusion? .

## **Coach notes**

Welcome! I look forward to creating a relationship that assists you in reaching your goals. On a business note, I want you to be familiar with my policies and procedures. If you have any questions, please call me e-mail [steve.feller@thegenuinementor.com](mailto:steve.feller@thegenuinementor.com).

## **Terms of Coaching**

Think of coaching as a process. Many people create change for themselves in a short time, but to refine and sustain the changes takes several months. Fees: As per displayed service.

Our sessions take place via phone or Zoom. During phone sessions, I will call at the appointed time or I will send a link for Zoom.

We have up to 60 minutes available for your scheduled appointments. Sometimes you will be better served by a shorter call and sometimes we will take the full amount of time. It is about

the value of the session to you, not the length of time.

## **Changes**

If you need to reschedule our time, let me know the day before if possible. Unless there is an emergency, if you have not given me reasonable notice, and do not show/call in for your appointment, we will not make up that session.

## **Problems**

If I ever say or do anything that upsets you or doesn't feel right please tell me about it during the check in at the end of our session or email me at [steve.feller@thegenuinementor.com](mailto:steve.feller@thegenuinementor.com)

## **Terms of Coaching Agreement**

**Coach:** I agree to serve as your coach to help you achieve mutually agreed upon goals which may include, but are not limited to: increased energy, professional growth, and satisfaction, personal clarity, relationships, self-sufficiency and confidence, self-awareness/self-love, overall personal care, life balance, establishing and achieving life goals

As your coach, I cannot guarantee results. I can tell you that you will create different results just by having the courage to experiment with your approaches to the various aspects of life. During the time we spend together in our coaching, I will devote my time, thought and energy to you exclusively. In between our sessions, I may not be readily available as I will be attending to others, including myself.

I will do my best to return your call or email within 24 hours Monday through Thursday. I will maintain confidentiality regarding the information you choose to share with me. I am not trained to provide psychotherapy. If any issues come up for you that should be handled by a licensed therapist or physician, we can stop coaching while you attend to these. Or, if coaching and therapy can co-exist for you (you can still move forward toward your goals), we can continue to work together while you also work with other professionals.

Signature of Coach

Date

## Terms of Coaching Agreement

**Client:** I want to accept full responsibility for myself. I realize that my success depends largely on how I conduct my life, how I think, how I feel, and what I do.

I am aware that blaming anything or anyone, including myself, won't benefit my growth and success. I know I must experiment with different ways of being, doing, having, and communicating in order to find ways that suit me best.

I know that no one way will work forever so I must experiment, while at all times maintaining my integrity, to find the best ways for me. I realize that trying out new ways will at times feel awkward, artificial, uncomfortable, and even frightening at first.

I can financially afford the coaching fee as described per hour at this time. I agree to pay promptly by the first of the month for the previous month. I have read and agree with the terms on these two pages.

**By booking a session with The Genuine Mentor you agree to these terms.**