



**TINIKA B LOVE, LLC**

*I Love you because I Live to*

## **'A Better You' Coaching Agreement**

### **Coach: Roles and Responsibilities**

I agree to serve as your Coach - to partner with you to identify and achieve your personal and/or professional goals.

As your Coach, I cannot guarantee results. You will create powerful results by having the courage and determination to forward the action in your life.

During the time we spend together in our coaching sessions, I will devote my time, thoughts, and energy to you, exclusively. In between our sessions, I may not be instantly available, as I may be attending to others, or myself. I will always attempt to be available within 24 to 48 hours.

I am a Coach, not a psychotherapist or physician, and I am not trained to diagnose psychological or medical conditions. If any issue arises that should be handled by a licensed therapist or physician, I insist that you attend to your health by contacting the appropriate professional.

As your Coach, I will bring attentive listening, understanding, belief in you and commitment to your success. You can expect me to challenge you, offer fresh perspectives, make requests (including assigning homework), acknowledge your wins, and guarantee utmost confidentiality (to the fullest extent of the law, and so long as I don't fear for your or another's safety) in the relationship.

I am bound to abide by the Ethical Principles and Code of Ethics.

### **Client: Roles and Responsibilities**

I am motivated and committed to taking action on my determined personal and professional goals. I realize that anything less than my intentional full participation will not lead to my success.

I accept full responsibility for myself and any actions I take that might result from Coaching.

I am not under the care of a physician and healthy enough to engage in coaching.

I agree to pay promptly when scheduling sessions. I agree that ultimately, it is my responsibility that my coach gets paid for the services I use.

I agree to honor my scheduled session times. If I miss a session, my fee is non-refundable and session can be made up according to the calendar of the coach.

I agree to honor the late payment fee policy of \$25 after 10 days of non-payment.

I have read and agree with the Coaching Guidelines and the Coaching Agreement.

**Client:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Coach:** \_\_\_\_\_ **Date:** \_\_\_\_\_