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# Coaching Agreement

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_  
Work Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
Birthday: \_\_\_\_\_ (I love any reason to celebrate!)

This agreement between Annie Gregson and you (named above) includes an initial one-hour session, then \_\_\_ calls per month, each taking 45 – 60 minutes.

I am also available for “spot coaching” by telephone, email or texting if I'm near a tower. Please use our coaching as you need to (I will be quick to tell you if I begin to feel “over used”).

The coaching fee is \$ \_\_\_\_\_ paid monthly in advance using PayPal, check or money order and due by the first of the month.

The coaching I provide includes a powerful, holistic process for personal transformation designed jointly with you. Coaching may address specific personal projects, business successes, or general conditions in your life.

I promise that all information will be kept strictly confidential.

I will be honest and straightforward, asking questions and making requests. The purpose of our interaction is to keep you aligned with your intentions and to support you in realizing those intentions.

To begin our working relationship, and to maximize our effectiveness, I make the following requests:

1. Be honest. My job is to support you in the actions YOU have chosen for yourself. Please use me as a safe place to look at what stops you from being in action.
2. Sometimes I may ask questions which seem too probing. Look right now and decide if you can give me full permission to be bold and forthright in all our interactions.
3. Please tell me what works and what doesn't work in having someone support you.
4. Let's have FUN doing it!

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As a client, by signing this form, I understand and agree that I am fully responsible for my well being during my coaching relationship, including my choices and decisions. I recognize that coaching is not therapy and that professional referrals will be given to me if needed.

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Our signatures on this agreement indicate full compliance with the requests above and complete understanding of the services to be provided.

\_\_\_\_\_  
Client

\_\_\_\_\_  
Date

\_\_\_\_\_  
Coach

\_\_\_\_\_  
Date