

Coaching Agreement

What is coaching?

Coaching is creating a context to explore the space of possibilities that might be available to the coachee with the help of powerful questioning from the coach. The aim of ontological coaching is to shift the way experiences are observed which allows taking actions differently producing dramatically different results. These create an enhanced sense of well being, personal and/or professional fulfillment, practices and strategies for being a better leader, better relationships to name a few.

Any new learning can be uncomfortable. Entering into a coaching relationship requires the willingness to leave familiar territory and explore new areas of learning. The coach will support and guide you through this process, but the process and the results belong to you.

By signing this agreement and entering into the coaching relationship, you agree to the following:

- I recognize that coaching is not advice, therapy, or counseling and do not expect that it will provide this kind of support.
- I agree to call/meet with the Coach at the pre-arranged time and place as scheduled. I will make any cancellations at least 24 hours prior to the scheduled conversation.
- To engage in and sustain a beneficial coaching relationship, I agree to:
 1. Declare that my learning is a top priority during this coaching relationship.
 2. Give permission to my coach to coach me.
 3. Approach my learning and growth with the wonder and awe of a “beginner.”
 4. Agree to share all relevant information with my coach.
 5. Be responsible for my own learning and growth. Make specific requests when my needs are not being met in the coaching relationship.
 6. Be responsible for my actions and inaction.
 7. Contact my coach in a timely manner to set up coaching conversations.
 8. Trust that my coach has my wellbeing as their sole concern.
 9. Share with my coach any concerns or discomfort that I have about the coaching relationship, specific interactions between me and my coach, and my general experience of coaching.
 10. If at anytime, I say anything that feels uncomfortable or seems inappropriate to you, please bring this to my attention immediately in order to discuss and resolve the problem.

Coachee Signature:

Date:

By signing this agreement I, as your coach, agree to:

- Abide by and uphold the ethical guidelines of the coaching profession as defined by the International Coach Federation, including keeping all our conversations confidential.
- Notify you as soon as possible of any changes in my schedule.

- Wait at least 10 minutes for you to arrive for the coaching conversation before canceling our session.
- Respond to your agenda, goals and needs for the relationship rather than imposing a direction or agenda of mine.
- Allow you to cancel our coaching relationship at any time if you assess it is not a valuable use of your time and pay only for the services used to date.

Coach Signature: Date:

Ethical Guidelines

Below are the ethical guidelines for practicing coaches as defined by the International Coach. I hereby attach these and declare that I abide by and follow these guidelines strictly.

Coaching Relationship and Contract

At the beginning of any coaching relationship, the coach will articulate the terms of the Client/Coach relationship in a clear communication or agreement.

Client Protection

The Client's wellbeing is the central focus of a coaching relationship and thereby obligates the coach to maintain a high level of integrity and trust-worthiness throughout the contract.

Confidentiality

The Coach will make every effort to honor the Client's confidence, although the Coach cannot provide an "a priori" guarantee (meaning a coach can be subpoenaed under the law).

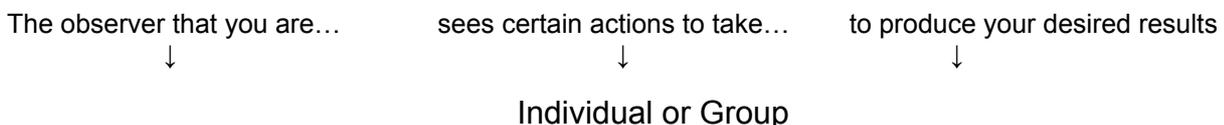
Conflicts of Interest

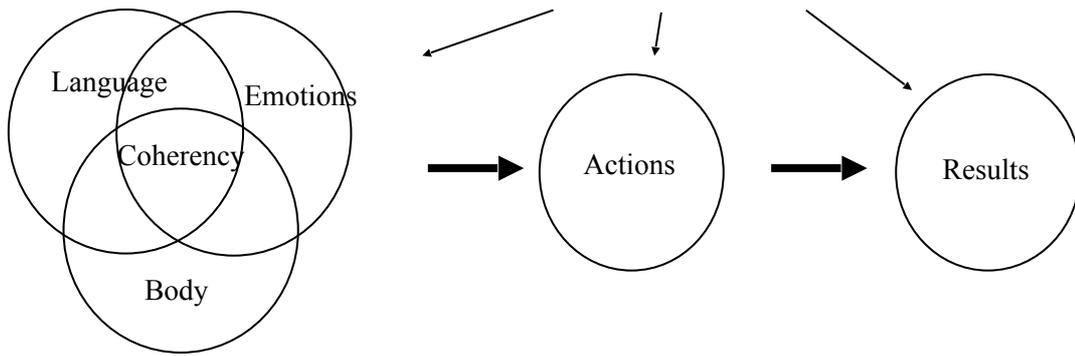
Any conflict of interest is to be discussed and resolved with the Client's best interest in mind. Whenever a conflict becomes apparent, the Coach is ethically obligated to identify it and attempt to resolve it. If, during the coaching relationship, the Coach cannot serve the Client objectively, respectfully, or without internal or external conflict, the Coach is ethically obligated to terminate the coaching agreement/contract.

Referrals and Terminations

Whenever internal or external conditions arise which seem "uncoachable" or unworkable, the Coach is ethically committed to reveal his or her observations and opinion to the Client. The Coach will suggest a viable solution(s) to the problem, making every effort to avoid injury to the dignity of the Client.

From the work of the Newfield Network-usa, LLC





Expand the observer that you are – the way you “see” the world - and you will have greater choices for action and possibilities as you aim for the results you want to create in your life...

GETTING STARTED WITH COACHING

Your Coach Wants to Know:

What is your current job (title and short description)? How long have you worked there? What about previous jobs, career aspirations, etc.?

What do you know about coaching? What is your experience with coaching?

What expectations do you have currently for your coaching experience?

What tips would you give your coach to work with you most effectively?

What are 3 things should your coach know about YOU?

What and why do you want to change? What resolutions or goals are you considering? Write your answer from the standpoint of expanding your potential, rather than fixing faults.

What emotions lie at the root of those goals you are considering?

What is your experience and expectation of Somatic work?