

Coaching For Pura Vida

Maximizing Your Potential

COACHING AGREEMENT

Client/Coachee:

Coach Name: Gina Rodríguez

Date:

Whereby Coach agrees to provide Coaching Services for Coachee focusing on the topics/results /outcomes/goals attached to or indicate at the end of this agreement.

Description

Coaching is a partnership (defined as an alliance, not a legal business partnership) between the Coach and the Client /Coachee in a thought-provoking, creative process that inspires and supports the Coachee to maximize their potential to accomplish personal and/or professional goals.

Responsibilities

1. Coach agrees to maintain the ethnics and standards of behavior set by the International Coach Federation (IFC) www.coachfederation.org/ethics.
2. Client is responsible for creating and implementing his/her own physical, mental and emotional well-being, decisions, choices, actions and results. As such the Coachee agrees that the Coach will not and will liable for any actions or inaction, or for any direct or indirect result of any services provided by the Coach. Coachee understands coaching is not therapy and does not substitute for therapy needed, and does not prevent, cure, or treat any mental disorder or medical disease.
3. Coachee understands that coaching is not to be used as a substitute for professional advice by legal, mental, medical and other qualified professionals and will seek independent professional guidance for such matters. If Coachee is currently under the care of a mental health professional, Coach will recommend that Coachee inform the mental health care provider.
4. Coachee agrees to communicate honestly, be open to feedback and assistance and create the time and energy to participate fully in the coaching process.
5. Coachee will participate actively in the coaching process. Within the overall established framework of coaching s/he will set the agenda for each individual coaching session. S/he will make their own decisions on follow-up actions after each coaching session and will be responsible for pursuing these decisions between coaching sessions.

Services and Schedule

The parties agree to engage in five (5) coaching sessions as part of the Virtual Coaching Certification program offered by Goldvarg Consulting Group. Coaching will be conducted through in-person, telephone, Zoom or Facetime meetings. Established meeting dates include:

1. Payment is due the 1st of each month or prior to each coaching session.
2. Cancellations must be notified 24 hrs before scheduled appointments.
3. The Coach or Client may terminate the coaching agreement at any time with 5 business days' notice in writing.

Coaching Relationship Confidentially

This coaching relationship, as well as all information (documented or verbal) that the Coachee shares with the Coach as part of this relationship, is bound to confidentiality by the International Coach Federation Code of Ethics but is not considered a legally confidential relationship (as in medicine or law). The Coach agrees not to disclose any information pertaining to the Coachee without the Coachee's written consent.

Topics, Results, Outcomes or Goals

Please indicate specific topics and/or objectives for coaching sessions.

- 1.
- 2.
- 3.

COACH

Name: Gina Rodríguez

Phone: 323.363.1757

Email: coaching4puravida@gmail.com

Signature:

COACHEE

Name:

Phone:

Email:

Signature:

(an electronic signature indicates an agreement of the terms & conditions of this coaching contract)