COACHING for people
who feel like outsiders

Coaching Agreement with John Pendal

Client's Name:

Telephone number:

Address:

E-mail:

Nominated emergency contact:

Date:

Session fees: £39 GBP / €49 Euros for 30 minutes, £78/ €98 for an hour, or six sessions for the price of five if paid in advance (e.g. £390 / €490 for 6 x 1 hour sessions)

Client Statement

I agree to undertake coaching sessions with John Pendal to address key changes I wish to make in my life.

I am committed to taking positive action to make improvements in my life and to meeting the goals I identify as necessary to do this. I am committed to being as open and honest as necessary in order to work with my coach towards achieving my goals.

Timetabling of Sessions

If I need to re-arrange any appointments, I will give at least 24 hours' notice. I understand that if I fail to give 24 hours' notice, my coach will be within his rights to charge for that session.

website: www.johnpendal.com email: johnpendal.coach@gmail.com

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Ground Rules

1. As the client I understand that I am fully responsible for the decisions and choices reached during the coaching sessions.

2. I understand that 'coaching' is a relationship I have with my coach that is designed to facilitate the development of personal or professional goals and develop a plan/strategy for achieving those goals.

3. I understand that coaching is a comprehensive process, which may involve all areas of my life including work, family, health, relationships, education and recreation. I acknowledge that deciding how to handle any issues is my responsibility.

4. I understand that coaching is not a substitute for counselling, mental health care or substance abuse treatment.

5. I promise to inform my coach if I am currently in any kind of therapy and that any medical or therapeutic practitioners involved in my care have been advised of my intention to work with a coach.

6. I agree to commit to the programme of coaching sessions to facilitate the required change. I understand that if I am not satisfied with my progress during this time and wish to cancel my remaining sessions, I may do so at any time up 24 hours before the following session. *(If 6 sessions have been pre-paid, then any sessions already used are charged at the individual/ hourly rate.)*

7. John is a member of the *International Coaching Federation* and follows their code of conduct. If you are unhappy with the services offered please talk to John first. If a resolution cannot be found you have the option of taking your complaint to the *I.C.F.* John's liability for any claims shall not exceed an amount equal to the contract value.

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I have read and agree to the above:

Client:

Signature:

Date:

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