

# Personal / Professional Coaching Agreement



I, \_\_\_\_\_, am committed to creating a positive coaching alliance with Mary Stager, a Certified Professional Co-Active Coach accredited by the International Coaching Federation (ICF). Mary agrees to hold all content of our sessions confidential and to create a place for me to **stay clear, focused and in action**. I understand information regarding any team dynamics, culture and business trend data will be distilled into a summary report to work with company leader(s) and/or work team(s) as needed. Information I choose to share with Mary or my team will be up to me and may possibly be encouraged in service of trust building/growth for all. I commit to creating a successful alliance which supports me in reaching my desired goals.

## I understand that the work of Coaching is about:

- ✓ Discovering and aligning with my values that hold most meaning to me in my life and/or work
- ✓ Using inquiry as a tool to elicit my individual perspective to support sustainable growth/learning. My answers are never right or wrong; they are simply “my” answers that are right for me.
- ✓ Becoming more conscious of choices that I am making that serve my goals or not
- ✓ Being curious and open to the potential learning from each situation that shows up in my life and/or work
- ✓ Being “coachable” in the relationship by being open to learning that can support my growth and potential
- ✓ **I understand all of the above** Yes                      No

## I agree to shape the coaching relationship to best meet my needs by:

- ✓ Sharing what I know about my own motivation and needs Yes                      No
- ✓ Co-designing structures that will support me in achieving my goals Yes                      No
- ✓ Request changes that will allow the coaching relationship to serve me better Yes                      No

## In service of my learning and growth, I give Mary permission to:

- ✓ Challenge me with powerful questions Yes                      No
- ✓ Assign me homework to complete as recommended Yes                      No
- ✓ Provide inquiries for me to think about from different perspectives Yes                      No
- ✓ Hold me accountable for taking actions I commit to Yes                      No

## I agree to the following business arrangements:

- ✓ Appointment times will be honored and I will re-schedule 24 hours in advance where possible
- ✓ Missing an appointment without notice is considered a paid appointment
- ✓ Payment for services are in accordance with the terms established between by my company and re-thinc, LLC as defined under a separate Client Agreement



**Ethics Guidelines:** As a Certified, Professional Co-Active Coach (CPCC), Mary Stager adheres to the ethics and guidelines of the internationally accredited The Coaches Training Institute (CTI) as well as being bound to the International Coaching Federation (ICF) policies and standards. Feel free to visit the complete Coaching ethic guidelines at [www.coachfederation.org](http://www.coachfederation.org)

Client's Signature (signed or printed interchangeably serve as client approval)

Date

Mary Stager, CPCC

Date