



## COACHING CONTRACT

### ***1. Coachee Information***

***Name***

***Surname***

***Employer*** (this is in case you plan for us to meet at your offices)

***Postal address***

***Contact number(s)***

***Email addresses(s)***

***Next of kin*** (or equivalent, please state name, contact number and relationship)

I am required by law to ask this in case you were to evidence signs of being a danger to yourself or others. I would then be legally required to alert both the relevant authorities and someone close to you. Clearly, that possibility is extremely remote but you know the long arm of the law! I pledge that I will absolutely not contact this person outside of these exceptional circumstances.

***How did you hear about me?***

***Have you had/are you currently in counselling or therapy?***

## ***2. Coaching Objectives***

### ***What is/are your coaching objective(s)?***

To answer this question, you might think about a gap you want to close between

- How you are right now, what you have right now, or a situation you are in right now, and
- How you would like to be, what you would like to have or a situation you wish for.

***i.***

***ii.***

***iii.***

### ***How will you know that you have achieved your objective(s)?***

Here, I would like to ask you to consider the following questions:

- What will you be doing differently when you reach your objective(s)?
- Will you be feeling differently when you reach your objective(s)?
- What might others notice about you once you have reached your objective(s)?

***i.***

***ii.***

***iii.***

### ***What motivates you to pursue this/these objective(s)?***

Please consider how committed you are to achieving your goals and whether that means that you are open to considering fresh ideas and/or interested in trying new things

**On a scale of 1-10, please kindly rate your level of motivation around your goals.**

### ***What do you see as my role in helping you achieve your objectives?***

***Have you ever had coaching before? If so, how would you rate that experience and why?***

***This Coaching Contract will be counter-signed as part of the Terms and Conditions of business document provided under separate cover.***