

Royal Life Coaching

Date _____

Client Coaching Communication Roles and Expectations

Name: _____

As a client, your role is to:

1. Make our coaching sessions a priority. You have chosen to invest in myself. I will take time before each session to review what we have been working on. I will ensure any action steps or homework we decided on has been accomplished to the best of your ability. The most crucial part is for you have an idea of what you'd like to take away from the session. Coaching is strongly based on your agenda.

Initials: _____

2. You will please arrive to every session on time.

Initials: _____

3. Come to your session centered and will be open-minded. Be willing to change your beliefs and patterns if they do not serve you anymore.

Initials: _____

4. Give me feedback *in the moment* about your coaching experience, what works as well as what doesn't. Do not ever worry about hurting my feelings or fear what I might think. I am here to support you, not judge you or make decisions for you. If something I say does not resonate with you, I want to know about it.

Initials: _____

My role, as your coach:

5. I will listen closely to you, respond to what I hear and ask questions. If I hear something in your voice or body language that sparks an intuitive idea, though or image, I'm likely to share it and ask you questions about it. Often it is these small nuances that create the bigger shifts for clients. Remember, if it doesn't resonate, tell me. I'm not attached to being right.

Initials: _____

6. At the end of the session, if you do not mention what actions you are ready to take, I will make a coach request. I may ask you to stretch yourself, deepen the work done in the sessions by either journaling at home; taking a defined action; resolving relationships or tackling things that feel incomplete. You are free to negotiate, accept or decline. Most of the work will be in regards to self-awareness and powerful choices.

Initials: _____

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Extra Time:

7. Between sessions, if you have questions, a brief update or want to bounce some ideas around, please contact me by text preferably or email as a second choice, if I need to call you for clarification, it would be done between clients or after hours. If it seems that it would be better served as session material, I'll suggest that.

Initials: _____

Schedule Changes:

8. Please give our session high priority and arrange your schedule to honor our agreed upon time. If you must reschedule, I ask you to give me 24 hours notice or as soon as you are able. I will not reschedule no-shows, as I am holding an appointment for you and will be unable to fit another client in with less than 24 hours notice, a \$50 session fee will be charged for sessions canceled at the last minute. Emergencies are an exception.

Initials: _____

I have read and agree to the above,

Client Printed Name: _____

Client Signature: _____

Date Signed: _____