

# Strategic Cell Ministries International Coaching Agreement – Basic Package

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As your coach, I want to help you grow, change, develop and achieve your life goals. While I may sometimes challenge you to reach higher or live out your values, our relationship starts with your agenda, your choices and your initiative. You are responsible for your life, and you'll make the choices about what actions to take and what we work on together. I'm excited about partnering with you in this journey.

As a coach, I'll provide support, accountability, perspective and resources for your change goals. We'll create a growth plan with action steps you choose and commit to carry out. Since much of our interaction will center around these action steps, I may choose to cancel or reschedule our appointment if you haven't followed through. The growth goal we've discussed working on as a starting place is:

## Overview:

This agreement between the coach, Les Brickman, and the client(s),

\_\_\_\_\_, will begin on \_\_\_\_\_, 2010.

We're committing to work together for \_\_\_\_ coaching sessions over \_\_\_\_ ( ) months, after which time we'll re-evaluate our coaching relationship. We'll meet **two (2)** times per month, and sessions will be **forty five (45) minutes** in length. You will also have available limited e-mail contact. Your coach will try to return any email within 24 hours.

The coaching service is \$150 USD per month. Because change takes time to incorporate into our lives and real life transformation is impossible to achieve in one session, I require a three-month commitment. A six-month commitment will be at a discounted rate for five months, with the sixth month being free. Payments can be made at the beginning of each month.

## Day/Time:

Day and time of sessions will be mutually selected. Any changes must be made via telephone and confirmed by e-mail (lesliebrickman@mac.com) at least 24 hours in advance.

## Scheduling:

Our appointments will be in person unless we agree otherwise. If we do have to meet by phone or skype, please find a quiet place where you won't be distracted—let's avoid talking in the car, in public places, etc.

We agree to be diligent and to be punctual for our meetings so we'll make the most of our time together. We'll try not to cancel or reschedule out of respect for each other's schedules, but if we do have to reschedule we'll give each other as much notice as possible (24 hours minimum). If you are late for a phone appointment I'll try calling you back after five minutes or so. If you completely miss a scheduled appointment with no notice, you'll be charged for that appointment anyway. If you miss an appointment it is *your responsibility* to contact me and reschedule—I will not pursue you.

## Services:

The services to be provided by the coach to the client are coaching or tele-coaching as designed jointly with the client. Coaching, which is not any type of therapy, or psychological counseling, may address specific personal issues that the client brings up.

Other coaching services include values clarification, education, brainstorming, identifying plans of action, examining modes of operating in life, asking clarifying questions, and making empowering requests.

You understand that from time to time I am making LLC exercises and materials available to you under license for your *personal use only*, and you agree not to sell, copy, distribute or use them with others.

**Renewal and Termination:**

This agreement is for \_\_\_\_ sessions as defined above and may be renewed for additional sessions following the initial \_\_\_\_ sessions with the mutual agreement of both parties.

Either of us can terminate this relationship at any time. If we do, we'll give each other one week's notice. If you've prepaid for any coaching sessions after we've terminated, I'll refund that portion of what you've paid. If one week's notice is not given in advance, no refunds are due. If you miss two scheduled appointments in a row without contacting me, I'll assume you have chosen to terminate the coaching relationship. It usually works best for both of us to bring some kind of closure to the relationship, so if you would like to end things let's talk about it. If there is a misunderstanding let's try to work it out. If we can't resolve the issue or its just time to move on, we'll bless each other as we go.

**Confidentiality/ Mediation/Referral:**

The coach recognizes that certain information of a confidential manner may be relayed during either regular or "coach-on-call" sessions. The coach will not, at any time either directly or indirectly, use this information for the coach's benefit nor disclose said information to anyone else without specific approval of the client (excluding disclosure of illegal or unethical activities).

If we need outside perspective or help resolving a conflict, we'll approach **Lynn Eichman** first as a resource. Lynn is the Director for Coach Training with LLC.

Occasionally I may refer you to another individual or service I feel might be helpful for you. You are never obligated to use a service or person I refer you to, and I make no warranty or representation regarding their services. As your coach, I also make no guarantees or warranties, expressed or implied, about any results that may be achieved through our relationship.

**Nature of the Relationship:**

Throughout the working relationship, the coach and client will engage in direct and personal conversations. The client can count on the coach to be honest and straightforward in asking questions and making requests. The client understands that the power of the coaching relationship can only be granted by the client. Therefore, the client agrees to do just that — enable the coaching relationship be powerful.

Several attitudes are crucial to a successful coaching relationship. First, you need to want to grow badly enough to be willing to make some changes and do some work. Honesty and transparency are vital. I will model them and expect them of you as well—if we aren't talking about what is really going on I can't coach you effectively. And please be proactive with me—if you have a question or something isn't working for you, let's talk about it and work things out.

We're committing together to be trustworthy partners, honest and open about what is going on our lives and handling what is shared with respect and discretion. We learn a lot through mistakes and failures as well as successes, so let's be honest about those things as well as the

