



## Coaching Agreement

*For Clients of Global Academic Consultants*

**Welcome to R.E.A.L. Coaching!** I'm so glad to have the opportunity to work with you and it's my desire for you to have the best experience possible in this relationship. As such, I have included information about our work together, and ask that you sign this from at the bottom to show that you have read this document and understand the guidelines outlined within it. Feel free to let me know if you have any questions or need any clarification.

**Today's Date**

**Client Name**

\_\_\_\_\_  
First Name

\_\_\_\_\_  
Last Name

## Time Agreement

An initial introductory and intake session of 1 hour(s) as part of the Global Academic Consulting (GAC) package agreement.

After the introductory session a more formalized coaching package is available if you would like to continue.

## Purposes of Coaching

**R.E.A.L. Coaching** is designed to help clients create healthy coping skills for managing stress, as well as positive habits for success and overall well-being, and to provide guidance for uncovering personal values and genuine goals. Sessions include structured exercises, discussions, mindful practices and weekly goal setting.

## What Coaching Isn't...

Coaching services are not to be construed as, or used as a replacement for, psychotherapy, legal counsel, or medical advice. If either of us recognizes that you have an issue that would benefit from medical or psychotherapeutic intervention, I will do my best to refer you to the appropriate resources.

## Our Responsibilities

The coaching relationship is about you. You can count on me to be honest and work in your best interest. One of the main purposes of our interaction is to focus on your well-being, intentions and goals and to work toward realizing those goals.

My goal is coach you toward your own desired outcomes. I request that you enter into coaching with the understanding that you are ultimately responsible for your own decisions and results, and as such, you agree not to hold the coach liable for any outcomes resulting directly or indirectly from the coaching process.

## Confidentiality

Confidentiality is important to me. I respect your willingness to be truthful, and I will treat shared information as a special confidence. I will not disclose any information that you share with me to anyone else unless: (1) I believe you are at risk of being a danger to yourself or others, (2) when required by law, or (3) you have given me prior written permission.

**Your signatures on this agreement indicates agreements with the requests and promises above, and complete understanding of the services to be provided.**

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