

## Coaching Agreement

I, \_\_\_\_\_ am committed to creating a coaching alliance with Bryony Carys Quinn that will support me in defining and reaching my goals, and live the life I want to live. Bryony will hold all content of our sessions confidential, within the limits of the law.

I agree to coaching for a minimum of three months  Yes  No  
I agree to an initial intake appointment (between 1-2 hrs)  Yes  No

I want to work with Bryony to shape the coaching relationship to best meet my needs by:

- Learning about my own motivation  Yes  No
- Letting Bryony know what works and doesn't work for me  Yes  No
- Making requests & co-designing strategies that support me  Yes  No
- Refining and changing when a strategy doesn't fit for me  Yes  No

I give Bryony permission to:

- Challenge me with powerful questions  Yes  No
- Request that I take action  Yes  No
- Hold me accountable for actions that I commit to  Yes  No

I agree to the following business arrangements:

- A one-time intake fee of \$200.00/hr  Yes  No
- To pay by paypal, check or money order  Yes  No
- \$400.00 per month for 4 ½ hour blocks  Yes  No
- To be paid by the 1<sup>st</sup> of each month  Yes  No

I agree to the following scheduling arrangements:

- I will re-schedule any appointments 24 hours in advance  Yes  No
- The final call at the conclusion of our coaching alliance will be a completion call (assessment of the coaching experience)  Yes  No

Please call Bryony to schedule the initial session at 415-289-6500. Please mail the Foundation packet to Catapult Coaching, 1 Blackfield Drive #321, Tiburon, CA, 94920. If you would prefer to email or fax these documents, just let Bryony know beforehand.

Client \_\_\_\_\_

Date \_\_\_\_\_

Coach \_\_\_\_\_

Date \_\_\_\_\_