

Coach-Client Agreement.

In order to be clear and transparent, this coach-client agreement outlines some basic principles. It is important to understand that coaching is not the same thing as “therapy”. The following bullet points have been quoted from *Coaching Psychology Manual* (Moore, Tschannen-Moran, & Jackson, 2016).

Role of Coach

- I will help my client identify and fully engage his/her strengths on the path to a better future.
- I will ask provocative questions and encourage my client to arrive at his/her own answers whenever possible and co-create answers otherwise.
- I will encourage realistic expectations and goals.
- I will be direct and firm with constructive reflections when needed.
- I will support my client in brainstorming creative possibilities for moving forward and navigating roadblocks.
- When appropriate, with permission, and within my scope of practice, I will offer advice, instruction, and resources for improving health, well-being, and performance.
- I will be punctual and responsive.
- I will recognize early whether the chemistry with a client is good or not optimal. If not optimal, I will refer the client to another coach.
- I will acknowledge when my client has an issue that is outside my scope of knowledge and skills and recommend other resources.
- I will send a summary of each coaching session, including vision and plan for client editing (or ask the client to do so).

Role of Practice Client

- I am aware that I have volunteered to be Shirley Chung’s practice client as Shirley Chung is trying to pass Wellcoaches exams to become a Health and Wellness Coach.

Role of Client

- I want to improve my level of health, well-being, or performance in life and/or work.
- I am ready to take responsibility to make and sustain changes in at least one area.
- I am ready to invest at least three months to make improvements.
- I will be open and honest, and I will share personal information that is relevant to my health, well-being, and performance.
- I am ready to become more self-aware.
- I am curious and open to suggestions and trying new things.
- I understand that setbacks are normal on the path of change and necessary in order to establish new mindsets and behaviors.
- I will be punctual and responsive.

- I accept and understand that my coach will email me at the secure email address that I've provided and or via text message at the number that I've provided. I will hold harmless, Shirley Chung, if the email or text-message number becomes hacked/compromised (not Shirley Chung's fault).
- I understand that Shirley Chung cannot legally make nutrition recommendations to alleviate/fix any medical concerns.
- I understand that Shirley Chung cannot legally make exercise recommendations to alleviate/fix any physical/medical issues.
- It is my (the client's) responsibility to make sure that I am of good health in order to proceed with any diet/exercise regimen. If I am not sure [that I am of good health], then I will consult my physician and obtain a note (medical clearance) to give to Shirley Chung.

Client Signature_____

Client Printed Name_____

Date_____

Reference

Moore, M., Tschannen-Moran, B., & Jackson, E. (2016). *Coaching psychology manual* (2nd ed.). Wolters Kluwer, LWW.