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**Coaching Agreement**

Welcome to coaching and thank you for showing up for yourself in a way that will challenge and inspire new ways of thinking! Please take your time reading the following agreements:

**Confidentiality**: Our relationship is confidential on my part, however **you** are free to share whatever you choose from our sessions.

**General Information**:

Name:

Date:

My preferred pronoun (he/she/they/other)

DOB:

Home Address:

Phone number:

Email address:

Goal of Coaching-in other words-what brings you to coaching at this time?

**Time**: When it is time for our session, please call me at 678-390-4218. We will begin and end our session/calls on time. In office and phone sessions will be 60 minutes. At times, we may both sense the coaching call is complete and mutually choose to end the call early. When that is the case, we will forward your remaining time to the next session.

**Scheduling**: Please call me at our scheduled time. If you need to reschedule, I would appreciate 24 hour notice. I understand life happens and things come up making 24 hour notice unrealistic. When cancellations are unavoidable, we will work together, when possible and try to reschedule in the same week. Most clients meet two or three times per month. I encourage you to choose the schedule that supports your deepening awareness and your forward movement.

**In between session contact**: You are welcome to contact me via email: debbiemalloy505@gmail.com. Brief contact can be helpful. Please feel free to do so.

**Fees**: My fee is 150.00 per 60 minute session. You can pay through Venmo, Credit Card, Check, and cash.

**Nature of Coaching**: Please note that coaching is designed to help you build upon what is positive in your life and find vision for how you would like to feel successful by implementing strategies to facilitate your vision. Moving in the direction that helps you accomplish your goals happens at your pace and in your timing. I am here to support and offer endurance while you find YOUR clarity, YOUR power, YOUR purpose and YOUR strength. Although we may at times, talk about your personal history, we are looking more toward the present and future that you are moving towards. We do not address the needs of medical attention, such as depression (that is more appropriate for therapy). If we find that you are interested in the services of a therapist, we will explore resources. It is possible for a coaching client to have both, a therapist and a coach at the same time.

**Completing our Relationship**: When you decide it is time to end our coaching relationship, please give me one or two weeks notice if possible to capture the learning outcomes of the work and honor our time together. Looking forward to discovering your personal excellence!

Debbie Malloy, Life Coach

Client