

Renovate Life Coaching Agreement

Client: I'm excited about working on my **S.M.A.R.T.** goal which is:

I'll diligently complete the action steps we agree on and will be punctual for our meetings so we'll make the most of our time together. I'll consistently take the initiative with you in this relationship. I'm responsible for my life, and I'll make and follow through with my choices about what actions to take and what we will work on together.

I'll be a trustworthy client, honest and open with you, and handling what you share with me with respect and discretion.

Coach: I'm excited about coaching you in this area. I'll be punctual and well prepared so we can make the most of our time together. I'll be a trust worthy coach, honest and open with you, and handling what you share with me with respect and discretion. I'm committed to believing in you, supporting you in your goals, and helping you live out your destiny.

Practical Expectations

Meeting Frequency: We'll meet _____.

Commitment: We're committing to work together in a coaching relationship for a period of _____.

Review: We'll take time on a periodic basis to review how our coaching relationship is going and make any needed adjustments.

Outside Perspective: As your coach, I may periodically approach a peer coach for advice and consultation on our coaching relationships in order to offer the best coaching I can.

Action Steps: As a client, I'll email a completed Prep Form to you, my coach, within 24 hours prior to our coaching appointment. As a client, if my action steps haven't been completed for a coaching appointment, the appointment will be cancelled.

Schedule: We will respect each other's schedules by making every effort to hold rescheduling and cancellations to a minimum.

Initiative: As a client, if I can't make a meeting, I'll take the initiative to let you know and reschedule with as much notice as possible (24 hours minimum).

Coach: _____ **Date:** _____

Client: _____ **Date:** _____