

# Coaching Partnership

## My part

- As your wellness coach is to partner with you over the next two or three months in your plan to improve your wellness.
- Through coaching I will encourage you to identify your wellness vision, motivators, obstacles, as well as strategies to overcome obstacles.
- I will listen to you attentively, without judgment or my own agenda.
- I will ask if prayer for guidance is acceptable to you.
- I will encourage realistic expectations and goals in your wellness plan.
- I will support your creative solutions to get around any roadblocks.
- I will be punctual and responsive and maintain full confidentiality for you and your records.
- I will not offer advice or counsel or do therapy of any kind but encourage your plan.
- I will refer you to another professional if we both agree it would be more beneficial.
- I will be flexible and reschedule appointments as the need arises.
- I will not charge a fee for our time.

## Your part

- I can agree that a higher level of wellness brings powerful benefits to me.
- I am ready to take the responsibility to make changes in one or two areas of wellness.
- I will invest in the time of possibly three months to make improvements.
- I will share information that is relevant to my wellness.
- I am open to suggestions and to try new things.
- I understand that setbacks and revisions are normal with change and even necessary to establish new habits.
- I will be punctual and responsive.
- I will ask for support, feedback or resources I need from my coach.
- I will let my coach know if a need develops to alter the scheduling of sessions and the three months

Coach/Mentor: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_