



Innercore Insights

*Tapping into your inner wealth
the riches of your soul.*

As your coach, I want to help you grow, change, develop, and achieve your life goals. While I will challenge you to live out your values and reach your potential, our relationship starts with your agenda, your values, and your initiative. You are responsible for your life, and you'll make the choices about what actions to take and what we work on together. I'm excited about partnering with you in this journey.

Growth Goals:

As your coach, I'll provide support, accountability, perspective, and resources for your change goals. We'll create a growth plan including regular homework and action steps which you are committed to carry out. Since much of our interaction will centre around these assignments.

Remuneration:

This agreement between the coach and the client will consist of ____ sessions of ____ minutes per month. The monthly fee for the ____ sessions is _____, paid in advance and due on the first of the month, and can go from month to month after the initial

Day/Time:

Day and time of our sessions will be mutually selected. We agree to be diligent and to be punctual for our meetings so that we'll make the most of our time together. We'll try not to cancel or reschedule out of respect for each other's schedules, but if we do have to reschedule, we'll give each other as much notice as possible (24 hours minimum). If you are late for a phone appointment, I'll try calling you after five minutes or so. Any changes must be made via telephone and confirmed by e-mail

Info@innercoreinsights.com at least 24 hours in advance. If you completely miss a scheduled appointment with no notice, that will be counted as one of your sessions. If you miss an appointment, it is your responsibility to contact me and reschedule rather than my calling you.

Call Procedure:

Our appointments will be by phone unless we agree otherwise.

Services:

The services to be provided by the coach to the client are coaching or tele-coaching as designed jointly with the client.

Termination.

This agreement is for ____ months as defined above and may be extended on a month-to-month basis following the initial ____ months with the mutual agreement of both parties. Should the client or the coach determine that insufficient progress or cooperation exists after the initial ____ months; either party may cancel this agreement without recourse.

Confidentiality:

The coach recognizes that certain information of a confidential manner may be relayed during either regular or coach-on-call sessions. The coach will not, at any time either directly or indirectly, use this information for the coach's benefit nor disclose said information to anyone else without specific approval of the client.

The client has been made aware that coaching results cannot be guaranteed and agrees that he/she is entering into coaching with the understanding that the client is responsible for their own results. The client agrees to hold the coach free of all liability and responsibility for any actions or results from adverse situations created as a result of specific advice given by the coach.