



LOVE (You) Coaching Agreement

Client:

Date:

Introduction to LOVE (You)

As my client, you will get access to a unique package of tools and techniques that I have developed to guide you. I've spent hundreds of hours researching and testing the best approaches to create LOVE (You),™ my signature coaching programme.

LOVE (You) is a personal transformation programme which stands for Liberation, Optimism, Values and Energy. Through my modular programme, you'll be given access to a range of tried and tested resources for your self-directed inner work.

You already have the answers inside yourself. I will help you to unlock them. In the closed [LOVE \(You\) Facebook group](#), I've created a safe, open environment in which you can both learn and try things for yourself, or share with others.

My role as a coach is distinct from consulting, advising, therapy, or counselling; and I would always encourage you to seek medical or other expert advice in the areas that require it. However, coaching does address personal issues or life conditions that impact your personal wellbeing and professional effectiveness.

Outcomes

Anticipated outcomes include:

- Releasing the thoughts, beliefs and behaviours that no longer serve you;
- Looking forward with increased optimism;
- Getting clarity on your deeper values and identify where these are being compromised;
- Bringing more vitality into your life (which doesn't necessarily involve a gym membership).

Coaching Method

My approach to career coaching includes the following:

1. Determining your commitment to the coaching process to get you to where you want to be;
2. Conducting scheduled coaching sessions by Skype (or in person, where agreed);
3. Guiding you to identify the issues and patterns that do not serve you;
4. Creating a safe space in which to explore the above in a way that feels most comfortable to you;
5. Supporting and encouraging you through the changes.

Confidentiality

Coaching is based on confidentiality. Confidentiality is essential to building the trust needed for an effective working relationship between the client and the coach.

We both have the discretion to share or not share exercises, the content of coaching conversations and any other information from the coaching process.

Duration and Investment

This coaching engagement is a rolling programme, based on a monthly retainer of £330 (exempt from VAT). Included are two coaching sessions of 90 minutes each, with appropriate LOVE (You) resources to be shared with the client between sessions.

The invoice for coaching services is to be settled prior to the commencement of the coaching relationship. A payment plan can be agreed, if required.

This coaching engagement may be extended or shortened between the client or the coach with notice of a fortnight.

Agreement

Client

Date

Coach

Date