

Pro Bono COVID-19 Coaching Agreement

>Welcome! I am delighted to be your coach as you begin your journey towards your best self. Please become familiar with the below information which we will discuss at our introductory session.

I. OVERVIEW

Empowerment Coaching (“EC”), a form of Health and Wellness Coaching, is a holistic approach to lasting lifestyle change through the partnership with a supporting individual who puts the clients stated goals at the forefront. EC allows one to change old habits while adopting a healthier mindset.

EC is **not** therapy nor is it directive in nature. Client will determine the goals and objectives and the coach will guide the client to finding their own solutions that are consistent with their values. Coaching is not a perfect science and several mistakes will be made along the way. It is important that both the coach and the client see these mistakes as opportunities for revision and refinement along the journey.

How many times have you been told what you need to do but find yourself asking, “Ok, but how?” What may have worked for someone else just does not seem to work for you. That is where coaching comes in. Coaching allows you to figure out the “how” taking into consideration your personal values, challenges, resources and supports. Coaching sets the environment for you to figure out how to affect a desired and lasting impact in your life.

As your coach, I will be your accountability partner and motivator. I will help you to develop your goals and will guide you to determining how to meet them. I will provide resources and suggestions when needed but I will not direct your actions. I will listen to you attentively and without judgment and I will ask questions that encourage you to be introspective. I will help you to be realistic in your goal setting to avoid over-reach or under-reach in your expectations. As a physician I may have information that may benefit you on your journey which I will only share if asked and if I think that input would be appropriate. I will be accessible to you for our scheduled sessions and as needed via email and text message between sessions.

Client Expectations. As a client I hope you will be authentic and real with yourself and with your coach. Take time to be introspective and do so without personal judgment. I hope you will share what is comfortable initially and as trust develops allow yourself to be uncomfortable. I expect a commitment to yourself first and to me second. Please be punctual and honest with me about the process and how I can best assist you in this journey.



I [Insert Client Name] have read the above Pro Bono Covid-19 Coaching Agreement. I understand and agree to comply with the terms as described above.

CLIENT SIGNATURE: _____

COACH SIGNATURE: _____

DATE: _____