



Insight Coaching Community



Sample Coaching Contract

Client Name & Coach Name

Our Agreement To Create A Powerful Coaching Relationship

(Be the leader to start and share a powerful statement that shows how coaching with you will be different.)

You are I will create a relationship that you don't have with any other person in the world.

Your Commitment To The Work

(Create agreements describing what you expect from them and be specific.)

Show up 30 minutes early, focused and ready to create a powerful coaching experience.

The time to slow down in order to speed up is NOW.

During our calls, be seated in a quiet space, without distractions, with pen and paper in hand and topic in mind you'd like to work on. Think big. Let's go deep.

Respect and honor our time together. Each call is a sacred opportunity to massively transform your life.

Hide nothing, hold nothing back, and have no excuses. The more you bring to the calls, the more you will get out of them.



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If something isn't working, tell me immediately.

Take notes and actively engage.

Set aside 30 minutes after our calls to review your notes, contemplate your insights, and prepare to act on them. Slowing down to speed up is your gift to yourself.

Never reschedule unless you absolutely must. Please give me at least 24-hour's notice.

Understand there are no refunds. Because our work will benefit you for the rest of your life, it's priceless.

Be ready to be challenged.

And most importantly, stay consistent and committed—do what you say you're going to do, as intended and on time, to the best of your ability.

My Commitment To The Work

(Describe the powerful ways you have decided to show up as a coach.)

I will show up on time and empty.

I will listen deeply.

I will ask you questions, challenge you, and question your stories.

I will tell you what no one else will and share fearlessly what I see, with compassion and sensitivity.

I will see you as the powerful creator that you are.



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I will believe in you fully and maintain the highest level of integrity as your coach and leader.

I will serve you. I will not please you, although the coaching might be pleasing.

And I will play full out.

Our Commitment To The Work

We are partners now, and we are going to be working on YOU.

The Truth

(Add any truths or insights that have been established through the initial coaching you've already done together.)

What you've been doing is not working.

Doing more doesn't get you more.

It's time to slow down in order to speed up.

Excessive planning, perfecting, and creating unrealistic expectations will no longer be tolerated.

And your stories, while magical, will no longer be tolerated. Instead, they will be obliterated.

The Work

(Describe exactly what they are paying for and make sure to let them know you are NOT responsible for the results.)



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Our coaching will focus on being and doing—being slowed down, being focused, being productive, and being happy in the present, rather than in some mysterious time in the future.

We will be doing what it takes.

Our agreement is for 6 months—from April 15, __ to October 15, __—and it includes 3 powerful coaching calls each month.

It also includes 1 admission with private room to an ICC retreat over the next 3 years.

We will work together on each call up to 1 hour and 15 minutes.

If something out of your control comes up in your life, you may put the coaching on hold for up to 1 year.

Your fee is paid in full already. Thank you for that, and congratulations for getting committed in this way.

Finally, there are no guarantees, only intentions and commitments, on your part and mine.

Client Signature:

Date:

Coach Signature:

Date:

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