



Pleroo Mentoring Coaching Counselling Services

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COACHING AGREEMENT

Welcome!

I have positive expectations for a coaching relationship that helps you to create the life YOU want to live. To partner together professionally, I want you to be familiar with the following guidelines.

Terms of Coaching:

I invite you to think of Coaching as a process. Many people create change for themselves in a short time. However, to refine and sustain the change takes several months. Although not binding, I would ask that you expect our Coaching relationship to last at least 3 months.

Description.

Coaching is an alliance partnership between the Coach and the Client that enable a Client to achieve full potential. This is accomplished in a stimulating and resourceful process that inspires the client to maximize personal capabilities.

This agreement is between: Lethabo Nelwamondo of Pleroo Mentoring Coaching Counseling Services and (Client) whereby the Coach agrees to provide Coaching Services for (Coachee,) focusing on

Responsibilities.

1. I agree to maintain the Code of Ethics and standards of behavior set out by COMENSA
2. You are responsible for creating and implementing your own physical, mental and emotional well-being, decisions, choices, actions and results. As such, you agree that I will not and will not be liable for any actions or inaction, or for any direct or indirect result of any services provided by me. You understand coaching is not therapy and does not substitute for therapy if needed, and does not prevent, cure, or treat any mental disorder or medical disease.
3. During the time we spend together in our coaching sessions, I will devote my time, thoughts, and energy to you, exclusively. In between our sessions, I may not be instantly available, as I may be attending to others, or myself. I will however, always attempt to be available within 24 hours
4. I am a Coach, not a psychotherapist or physician, and I am not trained in diagnosing psychological or medical conditions. If any issues come up for you that should be handled by a licensed therapist or physician, I insist that you must attend to your health by contacting the appropriate professional.
5. As your Coach, I will bring attentive listening, understanding, belief in you and commitment to your success. You can expect me to challenge you, offer fresh perspectives, make requests (including assigning homework), acknowledge your wins, and guarantee utmost confidentiality (to the fullest extent of the law, and so long as I don't fear for your or another's safety) in the powerful, sacred relationship.
6. You understand that coaching is not to be used as a substitute for professional advice by legal, mental, medical or other qualified professionals and will seek independent professional guidance for such matters.
7. You agree to communicate honestly, be open to feedback and assistance and create the time and energy to participate fully in the program.

Services.

The parties agree to engage in monthly Coaching Program by Face to face meetings. Sessions will last 1 Hour. I will be available to you by e-mail in between scheduled meetings as defined by me.

Schedule & Fees.

This coaching agreement is valid as of _____ (DD/MM/YY.) The fee is R450 per session and is payable after each session.

The calls/meetings shall be 1 hour in length. If rates change before this agreement has been signed and dated, the prevailing rates will apply.

Procedure.

The time of the coaching meetings and/or location will be determined by me and you based on a mutually agreed upon time. You will initiate all scheduled calls and will call me at the following number for all scheduled phone meetings 0646446591 or Whatsapp video call.

If I will be at any other number for a scheduled call, you will be notified prior to the scheduled appointment time.

Confidentiality.

This coaching relationship, as well as all information (documented or verbal) that the you share with me as part of this relationship, is bound to confidentiality by the COMENSA Code of Ethics, but is not considered a legally confidential relationship (like in Medicine or Law). I agree not to disclose any information pertaining to you without your written consent.

I will not disclose your name as a reference without your consent. Confidential information does not include information that: (a) was in the my possession prior to its being furnished by you; (b) is generally known to the public; (c) is obtained by the me from a third party, without breach of any obligation to you; (d) is independently developed by the me without use of or reference to your confidential information; or (e) that t I am required by law to disclose.

Please note that as part of continual development as a COMENSA member and keeping track of coaching hours, I may submit the clients email address details to COMENSA. I will not divulge any information about what happened during the

session. The information is strictly limited to an email address.

Please initial here _____ that you give your consent for me to do so.

According to the ethics of our profession, topics may be anonymously and hypothetically shared with other coaching professionals for training, supervision, mentoring, evaluation, and further coach professional development and/or consultation purposes.

Cancellation and Lateness Policy.

You agree that it is your responsibility to notify me at least 24 hours in advance of the scheduled call/meeting if you cannot make the session. You will be billed for a missed session if you did not turn up or reschedule. I will wait for 15 minutes, before you are noted as not turning up for the session.

Termination.

Either you or I may terminate this agreement at any time with 2 weeks written notice.

Limited Liability.

Except as expressly provided in this agreement, I make no guarantees or warranties, express or implied. In no event will I be liable to you for consequential or special damages.

Notwithstanding any damages that you may incur, my entire liability under this agreement, and your exclusive remedy, will be limited to the amount paid by you to me under this agreement for all services rendered up until the termination date.

This is the entire agreement of the parties, and reflects a complete understanding of the parties with respect to the subject matter. This agreement supersedes all prior written and oral representations.

Client Name/Title

Signature

Date

Coach Name/Title

Signature

Date