

Life Coaching Agreement

The Coach

I, Gayathri Moosad, as your life coach, agree to

- ✓ Always be on time and well prepared for our scheduled meetings
- ✓ Dedicate my time, energy and attention exclusively to you during our sessions
- ✓ Give 24 hour prior notice in case of cancellation of any session, excluding emergency and illness
- ✓ Work on your goals for yourself and not my goals for you
- ✓ Take you and your goals seriously and commit myself to helping you achieve them, always keeping your best interests in mind
- ✓ Listen, understand and guide you to the best of my ability
- ✓ Always keep every client information completely confidential and do not disclose it to any third party barring extreme circumstances where I fear for your or another's safety
- ✓ Always respond to your mails and other communication within 48 hours at most, barring emergency and illness
- ✓ Never take advantage of you in any way
- ✓ Not impose my own beliefs, values or opinions on you
- ✓ Believe in you, encourage you and keep you on track

The Client

As a client of Gayathri Moosad's life coaching services, I completely understand and agree to

- ✓ Always be on time and well prepared for our scheduled meetings
- ✓ Dedicate myself completely to my betterment
- ✓ Finish any homework assigned to me by the coach on the agreed time schedule
- ✓ Take action towards my improvement despite any fear
- ✓ Take full responsibility for my growth and improvement
- ✓ Not take legal action against the coach for any suggestions/ guidance she provides
- ✓ Remember that our communications are completely confidential and hence be totally honest with the coach
- ✓ Bring up any problem I may perceive in our coaching relationship immediately to her attention
- ✓ Understand that life coaching does not guarantee results and that it is my own actions that will get me results
- ✓ Give 24 hour prior notice in case of cancellation of any session, excluding emergency and illness
- ✓ Pay the fees in full upon the agreed time schedule
- ✓ Choose to adopt a more positive and enthusiastic attitude towards life from now on