



## **Personal & Business Coaching Services Coaching Agreement**

### **What is coaching?** (*Extracts taken from the International Coaching Federation*)

- It is a method to help unlock people's potential, to maximise their own performance. It helps people learn rather than teaching them.
- A thought-provoking and creative process to inspire Clients to maximise their personal and professional potential.
- Coaching focuses on setting goals, creating outcomes, managing personal change.

### **What type of Coaching is being provided?**

The Client is aware that the coaching is in no way to be construed as psychological counselling, any type of therapy. Coaching results are not guaranteed. The Client enters the coaching with the full understanding that they are responsible for creating their own results. The Client determines their goals in support with the coach, which will be reviewed and are subject to change throughout the sessions. The discussions do not constitute any form of advice, any actions taken are because of the client's own choice.

Part of the sessions may include stepping out of your comfort zone into your stretch zone. Whilst this may not feel natural, should anything I say or do make you feel uncomfortable please let me know. Having an open and honest relationship will help us ensure we provide maximum benefit for you from the sessions.

### **Confidentiality:**

The coach recognises that anything the Client shares with them is regarded confidential, whether it is business or personal information. The coach undertakes not to, at any time, (unless required to do so by law), either directly or indirectly, use or disclose any information the client shares with them during their sessions.

Legalities: The coach will maintain their professional indemnity insurance and compliance regarding GDPR and the client's details.

[www.aingeconsulting.co.uk/privacy](http://www.aingeconsulting.co.uk/privacy)

Termination: All parties have the right to terminate the coaching relationship at any point for any reason during the process for which as much notice as possible should be provided.

## **Fees**

The best way to work with me and fully benefit from the sessions fully is to commit to a series of coaching sessions where we will explore your personal and/or business goals. Typically, we will work to create a plan to suit you over several sessions. Follow up sessions will explore progress, barriers, and challenges.

Pricing for a one-off session reflects the additional time spent after the session writing up a personal plan, with technique suggestions.

Who benefits from a one-off session?

One off session is useful for anyone who has previously been in a coaching relationship. It is an opportunity to take stock of progress and talk through any challenges.

£165 +VAT per session payable 48 hours in advance

### **Who benefits from a series of sessions?**

A series of sessions is ideal if you want to be held accountable. Together we will explore progress and ensure the plan in place is responsive to your coaching and goal journey.

- Block of three sessions £375 +VAT payable in advance
- Block of six sessions £720 +VAT payable in advance

All sessions should be booked and used within 12 months of the coaching agreement commencement date unless otherwise agreed in advance.