



Coaching Agreement with Yvonne Godfrey of Whakatika Services

This agreement is between **Yvonne Godfrey** and _____

Dated: _____

Yvonne's Commitment

Life Coaching

As your coach I will provide coaching in a professional client relationship that is designed to facilitate the creation and development of your personal, professional, or business goals and to help you develop and carry out a strategy / plan for moving towards that goal/s.

Family Coaching

Family Coaching differs from Life Coaching in that it involves more than one person and therefore includes several relationship dynamics.

The aim of Family Coaching is to strengthen relationships within the family to create a more harmonious and stronger family unit.

Some of those aims are to:

1. Establish family values to provide purpose, hope, and security.
2. Identify weaknesses, irritations and conflicts that weaken relationships.
3. Implement strategies and tools to reduce and resolve conflict.
4. Develop systems and routines that encourage and enhance harmonious living.
5. Facilitate deeper and more loving relationships within the family.

Please note: In both one to one and family coaching, I may at times respectfully challenge you (or a member of your family) to increase your understanding, skills, and knowledge so that you can (all) achieve the outcomes you desire.

Ethics and Confidentiality

I agree to maintain the ethics and standards of behaviour established by the Australian and New Zealand Coaching Alliance (ANZCAL).

As part of the session, I will make notes. These will be kept confidential and will not be shared with a third party except as authorised by you or required by law (for example if I believe a serious crime has been committed or harm is likely to be caused to any person.)

Your Commitment as the Client

You agree to be honest and open, to approach each session with possibility thinking and to commit to the process of change.

You are solely responsible for creating and implementing your own physical, mental, and emotional well-being, decisions, choices, actions, and results arising out of or resulting from the coaching relationship and interactions with me as your coach.

Coaching Agreement with Yvonne Godfrey Continued

If you are being coached as a family, please understand that both parents should sign the agreement.

You are aware that coaching is not counselling, psychotherapy, psychoanalysis or mental health care treatment or therapy, and is no way a substitute for professional medical, legal, business, or other qualified professional advice.

If you are under medical or psychiatric care which will or could impact on our coaching, now or in the future, you will need to provide written confirmation from your Doctor / Practitioner that it is appropriate for you to proceed or continue.

Yvonne's Services:

Sessions are delivered face to face or by Zoom if the client lives outside of Wanaka.

Yvonne's Schedule of Fees

\$115 including GST per 60 minute session

Cancellation terms for Whakatika Coaching:

No charge if cancelled by text to 027 249 5444 any time up to 6 hours before a scheduled appointment. Please include name and the appointment time and day to be cancelled in the text.

All cancellations within 6 hours of an appointment time incur a \$50 flat fee charge.

IMPORTANT: Text reminders of upcoming appointments will NOT be sent to clients, so please record appointment dates.

Yvonne's Books and Videos may be purchased separately by the Client at their discretion. There is no expectation for this by Yvonne.

Payment of fees is required on completion of the session by online banking.

Termination of Agreement

This agreement may be terminated if either party fails to perform or comply with the terms of this agreement.

- Should there be a conflict between Yvonne and the client that is not deemed resolvable by either party, this would constitute reasonable grounds to terminate.
- Should a situation arise where Yvonne deems the client would be better served by another professional, this would constitute reasonable grounds to terminate.

I have read and agree to the coaching agreement as outlined in this document.

Signed:

Coach: _____

Client: _____

Dated: _____

For further clarification of this agreement please contact:

Yvonne Godfrey

Ph: +64 27 249 5444

E: yvonne@whakatikaservices.co.nz