

PARADIGM Life Coaching Solutions

Empowering Today ~ Envisioning Tomorrow

www.paradigmlifecoachingsolutions.com

Alexandra Birenbaum, MA, CAP, CSAT Candidate, Life Coach

Coaching Agreement

CLIENT FULL NAME: _____

This AGREEMENT, between Alexandra Birenbaum of Paradigm Life Coaching Solutions and the above named client will begin on ____/____/____ and will continue for a minimum of three months. The fee for each session is \$_____ (as jointly agreed) and due in full within 24 hours of your session. Appointments may be rescheduled (*when possible*) only within 24 hours advanced notice. The client will pay in full for scheduled sessions that are missed.

The services to be provided by Alexandra Birenbaum to the client are coaching and/or “tele-coaching” or via “Skype” as designed jointly with the client. Coaching may address specific personal values, goals, projects, actions, successes or general conditions in the client’s life or profession. Other coaching services or activities may include a process of examining various modes of operating in life, including perspectives, perceptions, addiction and its effect on self and others, relationship matters, etc. The scope of coaching services will be unique to the client based on his or her specific needs.

Coaching is not advice, therapy or counseling. Alexandra Birenbaum assumes no responsibility for any personal, financial, career or business decisions made by the client, or any actions resulting thereof.

Upon completion of three (3) months of coaching, this agreement may be extended on a month-to-month basis. At that point, coaching fees and payment conditions will be subject to change within 30-day notice. Alexandra Birenbaum and the client agree to provide one another with a 30-day notice in the event it is desired to discontinue further coaching services.

In order to qualify for advance credentialing, Alexandra Birenbaum may provide the client’s contact information and number of hours coached to the international Coaching Federation (ICF). Alexandra Birenbaum promises to the above-named client that all information shared with Alexandra Birenbaum during coaching sessions will be kept strictly confidential in accordance with the terms of the designed alliance. Sometimes information that is shared by the client may be specific and explicitly personal. Your willingness to be so truthful will be treated with the utmost in respect and privacy.

Throughout our working relationship, the conversations will continue to be very direct and personal. You can count on your coach to be honest and straightforward, asking clarifying questions and making empowering requests. The purpose of our interaction is to hold your focus on your desired outcome and coach you to stay clear, focused and in action. The power of the coaching relationship can only be granted by you. If at any point, you see that coaching is not working for you as you desire, you agree to communicate and take actions to return the power to the coaching relationship.

By signing below you, agree to honor your agreements and keep your appointment times, and to keep your coach informed as to what is needed to keep you moving forward in your life...

My signature on this agreement indicates full understanding and agreement to adhere to the above conditions

Client Name Printed

Client Signature

Date