

Best You. Life Coaching LLC Individual Coach Contract



Best You. Life Coaching LLC with Erin Litton is life coaching that supports personal growth and well-being. Coaching supports individuals through goals, brainstorming, education, and accountability.

Client Responsibilities

- **Timeliness.** The client commits to being on time to scheduled sessions and will provide at least 24 hours notice to reschedule sessions.
- **Present.** The client will come to the session present and ready to engage. Coaching is effective when both parties engage fully in discussion.
- **Open and Honest.** The client recognizes that for coaching to be successful they must be willing to discuss challenges and share their reality with their coach.
- **Ownership for Success.** The client owns their success by following through, to the best of their ability, their goals and commitments.
- **Payment.** The client will pre-pay for each session and includes weekly text messages. (Venmo or mailed check preferred).

Coach Responsibilities

- **Timeliness.** The coach commits to being on time to coaching sessions and providing at least 48 hours notice to reschedule sessions.
- **Present.** The coach commits to fully engaging in all coaching conversations with active listening.
- **Open and Honest.** The coach commits to open and honest reflection during client sessions to ensure the client moves through the change process with support and clarity.
- **Support.** The coach will provide support through education, resources, and accountability through texts, emails, and phone calls based on client requests and needs.
- **Confidentiality.** Coaching conversations are confidential. However, attendance will be shared with funding sources.

*If the client shares with their coach that they are being harmed or harming someone else, the coach will follow-up with proper parties to ensure everyone is and remains safe.

I understand my role.

Client Signature

Date

Coach Signature

Date

Client Contact Information

Client Full Name:

Home Address:
(Street,Address, Zip)

Phone Number:

Is it okay to leave a voice message on this phone number? Yes or No

Email:

What is your preferred way to communicate?

- In case of emergency: who should be contacted? (no personal information will ever be shared with this person.)

Name:

Phone Number:

Relationship to client: