



True Success Coaching Partnership

Coaching is a collaborative partnership in which the coach and the client hold equal, yet distinct roles. Both parties work synergistically, with the coach providing guidance and challenge to propel the client along their path to success. While the coach offers support and insight, it is ultimately the client's responsibility to take action and achieve the goals they have set.

Roles and Responsibilities

Coach's Responsibilities:

- **Goal Setting:** Assist clients in identifying and establishing realistic goals with achievable timelines.
- **Accountability:** Hold clients accountable to their plans, help adjust strategies as needed, and provide support along the way.
- **Awareness and Change:** Encourage self-awareness and facilitate change through thought-provoking questions, assignments, and challenging existing beliefs.
- **Providing Resources:** Offer tools, techniques, and resources that promote learning and growth.

Client's Responsibilities:

- **Commitment:** Actively commit to your goals and take the necessary actions to achieve them.
- **Transparency:** Maintain openness and honesty with your coach.
- **Proactiveness:** Take initiative and remain accountable for your actions and decisions.
- **Engagement:** Participate fully by answering questions, completing assignments, introducing topics and ideas, and being open to challenging discussions.

Collaborative Decision-Making

Coaching is a collaborative process and both parties have equal roles in decision making. Both parties bring valuable perspectives and insights to the table, and the best outcomes will be achieved when we both actively collaborate in the decision-making process. This cooperative approach fosters ownership, accountability, and stronger commitment to your journey of growth and success.





True Success Coaching Partnership pg. 2

Shared Vision

Establishing a shared vision is a cornerstone to effective coaching and lays the groundwork for a meaningful and purposeful partnership. This process involves our collaborative effort to define clear goals and desired outcomes. By working closely together, we ensure that both of us are aligned and genuinely excited about the path forward. Our shared vision will act as a compass, guiding our efforts and keeping us focused on achieving the results you aspire to.

Collaborative Goal Setting

Together coach and client work to understand and articulate your unique aspirations, values, and long-term objectives. This process includes in-depth conversations and reflective exercises designed to:

- **Identify Core Values:** We will explore your fundamental beliefs and guiding principles, ensuring that the coaching journey aligns with your underlying motivations.
- **Set Clear Objectives:** We will develop specific, actionable plans that provide a clear roadmap forward, marked by multiple steps and milestones along your journey.
- **Success Visualization:** We will employ visualization techniques to create a deeper emotional connection to your goals, enhancing your commitment and motivation toward achieving them.

Responsibilities and Contributions

A shared vision thrives on mutual respect and collaboration. Each party has distinct roles and responsibilities that contribute to the overall success of the coaching relationship:

- Coach's Role
 - **Guidance and Support:** Provide expert insights, resources, and encouragement to facilitate my client's progress.
 - **Accountability Partner:** Help my client stay accountable to his/her goals by tracking progress and addressing obstacles.





True Success Coaching Partnership pg. 3

- Client's Role
 - **Active Participation:** Engage fully in sessions, complete assignments, and share honest feedback.
 - **Commitment to Growth:** Maintain a proactive stance towards personal development and goal achievement.

Regular Communication

Effective communication is the cornerstone for maintaining alignment and refining our shared vision. This includes:

- **Consistent Meetings:** We will hold regular sessions to discuss progress, address challenges, and make necessary adjustments to your coaching plan. Based on the coaching plan chosen, these sessions can be weekly or bi-weekly.
- **Transparent Feedback:** We will cultivate an open environment where both parties can provide and receive constructive feedback. This transparency is key to mutual growth and understanding.
- **Adaptability:** We will remain flexible, ready to pivot, and refine our goals as you grow and your circumstances evolve. Adaptability ensures that our coaching partnership remains relevant and impactful.

Mutual Respect and Trust

A successful coaching partnership is built on a foundation of trust and mutual respect. This includes:

- **Honesty and Integrity:** Both coach and client commit to open and honest conversations, consistently upholding the highest ethical standards. This transparency forms the bedrock of a coaching partnership.
- **Respect for Boundaries:** Both coach and client recognize and honor each other's boundaries and individual differences, ensuring a safe and harmonious coaching environment. This respect fosters a culture of understanding and collaboration.





True Success Coaching Partnership pg. 4

Safe and Supportive Environment

Confidentiality – As a coach I uphold confidentiality with the utmost seriousness. I will not disclose or discuss any part of our coaching sessions with anyone unless you specifically request it. This commitment extends to all verbal and written information shared during any session.

Grace – As a coach, I seek my client's grace and understanding when I feel the need to be direct. If I sense a lack of full transparency or honesty, it is my responsibility to challenge and prompt you to reevaluate areas you may be overlooking.

Nonjudgemental - The coaching environment is designed to be free of judgement, fostering a space where truth is paramount. Truth paves the way for learning, discovery, and new insight. Key nonjudgmental practices include:

- **Active listening:** As a coach I listen at a deep level to the words spoken and unspoken without interrupting, offering unsolicited advice, or forming judgements.
- **Acceptance and Empathy:** As a coach I listen to understand, paraphrase to ensure accuracy and acknowledge your client's feelings and experiences without judgement.
- **Neutral Language:** As a coach I use neutral, noninflammatory language when discussing sensitive topics and encourage my clients to do the same.

Commitment

As a coach, I am dedicated to engaging deeply and courageously with all my clients. I commit to listening intently to both the spoken and unspoken words in our conversations. My role is to stimulate your thoughts, challenge your existing paradigms, drive actionable plans, and ensure accountability to achieve the goals you set.

