

MUTUAL UNDERSTANDING

As you consider entering a coaching relationship, it is important to understand what coaching is and what it is not.

Coaching is an important resource that provides insight and information to better your self-understanding. It helps clarify and strengthen your gifts for ministry and leadership, guides you in decision-making and discernment, and holds you accountable to your goals and values.

Coaching is a thought-provoking and dynamic partnership grounded in a respectful honoring of your own experience, perspective, and wisdom. It is a creative resource for exploring and deepening your gifts and it requires energy, commitment, and a spirit of curiosity. Coaching is a process that focuses on vision, explores internal and external barriers we all encounter, develops strategies to overcome adversities, and celebrates accomplishments.

Coaching is not therapy or mental health counseling. Coaches are not trained to address diagnosable mental health disorders. The coach is not responsible or liable for your actions or inactions. If you are currently under the care of a mental health professional, it is recommended you inform your provider of the nature and extent of the coaching relationship.

The coaching process is confidential and details of the coaching sessions do not go beyond you and your coach. If there is a threat to harm one's self or others, the coach is legally required to make an exception to this understanding of confidentiality.

The time, location and mode (face-to-face, phone, Skype/Zoom) of meetings will be mutually decided. You will initiate scheduling. If you need to reschedule a session, notify your coach 24 hours in advance.

In order to enhance your coaching experience, do not hesitate to offer timely feedback to your coach. You may discontinue coaching at any time.

By signing this form you acknowledge you have read the above statement of mutual understanding, and have an understanding of the coaching process and its purposes and limitations.

Client Name: _____

Signature: _____

Date: _____

Coach Name: _____

Signature: _____

Date: _____