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**Christian Coaching**  
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## **COACHING AGREEMENT**

**Christian coaching is an ongoing relationship between a coach and a person who desires coaching. We agree that:**

1. Coaching is not therapy, counseling, advice-giving, mental health care, or treatment for substance abuse. The coach is not functioning as a licensed mental health professional, and coaching is not intended as a replacement for counseling, psychiatric interventions, treatment for mental illness, recovery from past abuse, professional medical advice, financial assistance, legal counsel, or other professional services.
2. Coaching is for people who are basically well-adjusted, emotionally healthy, functioning effectively, and wanting to make changes in their lives.
3. Coaching is designed to address issues the person being coached would like to consider. These could include (but are not limited to) career development, relationship enhancement, spiritual growth, lifestyle management, life balance, decision making, and achieving short-term or long-term goals.
4. Coaching will be an ongoing relationship that may take a number of months, although either party can terminate the relationship at any time. Some or all of the coaching may be through telephone contact.
5. Coaching can involve brainstorming, values clarification, the completion of written assignments, education, goal-setting, identifying plans of action, accountability, making requests, agreements to change behavior, examining lifestyles, and questioning.
6. Coaching is most effective when both parties are honest and straightforward in their communication.
7. If the coaching is to involve payment for services, prior to its beginning both parties will agree to a fee, form of payment, procedures for canceled appointments, and initial length of commitment.
8. Coaching is a confidential relationship and the coach agrees to keep all information strictly confidential, except in those situations where such confidentiality would violate the law.
9. Coaching assumes that each person in the relationship is guided by his or her values and beliefs. The Christian coach is a committed follower of Jesus Christ and seeks to live in accordance with this commitment. The Christian coach is honest in making this revelation but he or she respects the different values and beliefs of others. The Christian coach does not seek to impose his or her values on another, proselytize, condemn, or refuse coaching services to people

who do not share similar values and beliefs.

10. Each of the people whose signatures appear below agrees that this agreement represents our mutual understanding of the coaching relationship.

Signature (person being coached) \_\_\_\_\_ Date \_\_\_\_\_

Signature (Christian coach) \_\_\_\_\_ Date \_\_\_\_\_

**PERSONAL INFORMATION FORM**

Christian coaching is more effective and efficient if you can give the coach some information about yourself at the beginning. This is confidential information and you are free to pass on any of the questions. The more you complete, however, the better your coach will know you and be able to provide the best coaching experience.

Name: \_\_\_\_\_

Name you like to be called: \_\_\_\_\_

Address:

Phone: (Home) \_\_\_\_\_ (Work) \_\_\_\_\_

Phone: (Mobile) \_\_\_\_\_ (Fax) \_\_\_\_\_

E-mail address: \_\_\_\_\_

Occupation: \_\_\_\_\_

Employer name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Marital status: \_\_\_\_\_

Spouse: \_\_\_\_\_

Names and ages of children:

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

Why do you want coaching?

In the space below, write a brief life story. Use extra paper if you wish.

Are you or have you ever been in counseling or therapy?  Yes  No If yes, please explain.

Describe your spirituality. What is your relationship with God? In what ways do you sense God might be challenging you, nudging you in a different direction, or trying to get your attention?

What are the most important things (good and bad) happening in your life right now?

In what ways would you like your life to be different one year from now? Be specific.

What's getting in the way of these goals?

List at least three things you procrastinate at—the things that you've been putting off.

What are your insecurities about Christian coaching?