

*Taylor Made Coaching*  
Your First Step to Lasting Change

## Coaching Overview and Client Agreement

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Thank you for choosing **Taylor Made Coaching**.

It's my privilege to walk alongside you as you take this important step toward personal growth, meaningful change, or goals that might feel out of reach.

Each coaching session is a confidential, supportive space where you'll be heard, challenged, and encouraged as you move from where you are to where you want to be.

Before we begin, here's a quick overview of what to expect and a few important details.

### What Coaching *Is*

- Coaching is about **moving forward**—choosing to grow even when it's uncomfortable.
- Coaching is for people seeking clarity, growth, or change—personally or professionally—or for anyone **tired of feeling stuck**.
- Coaching is a **collaborative process** focused on your goals, values, and next steps.
- Sessions may include tools such as active listening, reflection, and strategic questioning to explore your ideas, emotions, potential obstacles, and **to create a personalized plan of action**.

### What Coaching *Is Not*

- Coaching is not therapy, counseling, or treatment for **mental health diagnoses, trauma, or substance abuse**.
- Coaching does not provide **legal, medical, or financial advice**.
- If you're currently working with a therapist or other professional, coaching can be a valuable complement, but **not a substitute**.

### My Role as Your Coach

- To listen and observe without judgment
- To ask thoughtful, challenging questions
- To encourage and support you

- To provide accountability when needed

### Your Role as The Client

- Show up ready to participate
  - Be open and honest
  - Follow through on agreed-upon commitments between sessions
  - Take responsibility for your own growth
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### Session Details

- **Confidentiality:** Everything shared in coaching sessions and any personal information on forms will be kept strictly confidential. *(The only exception is if there is a concern for the client's safety or the safety of others.)*
- **Coaching Mode:** (circle one) Zoom | Phone | In Person
- **Session Schedule:** \_\_\_\_\_
- **Coaching Forms:** Please return all **forms at least 24 hours** before each session.

### Fees and Policies

- **Fees:** \$65 per 45-50 minute session. Coaching works best with consistency. A minimum of four sessions is recommended to build momentum and support meaningful progress.
- **Evaluation:** After the second session, we'll do a check-in to see if coaching is meeting your needs. If at any point either of us feels like coaching isn't the right fit, we may choose to end the coaching relationship.
- **Payment:** Payment is due **before each session**. Accepted methods: Venmo, check, or cash. *(Payment plans available—contact TMC for details.)*
- **No-Show Policy:** If you're more than **15 minutes late** without prior notice, it will be considered a no-show. You will be charged **50% of the session fee**.

### Coaching Agreement

By signing below, we agree to enter into a professional coach-client relationship grounded in mutual respect, confidentiality, and a shared commitment to your personal growth.

**Client Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Coach Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

*"Your first step to lasting change."*