



Growing Forward Services, LLC
Draft Coaching Agreement
between Paul Casey and
September, 2020

Welcome to Coaching!

As your coach, I want to help you grow, change, develop and achieve your life/leadership goals—and get more results. Our relationship starts with your agenda, your values and your initiative. You are responsible for your life, and you'll make the choices about what actions to take and what we work on together. My role is to objectively point out what you cannot, will not or do not see. I'm excited about partnering with you in this journey—co-creating under an umbrella of complete openness, compassion, and confidentiality!

Growth goals

As a coach, I'll provide support, accountability, perspective and resources for your change goals. We'll create a growth plan including regular homework and action steps which you are committed to carry out—so please bring a coaching notebook to write them down each week. Since much of our interaction will center around these assignments, I may choose to cancel or reschedule our appointment if you haven't followed through.

Expectations

Several attitudes are crucial to a successful coaching relationship. First, you need to *want* to grow badly enough to be willing to make some changes and do some work. Typically, it's important to block out at least 30 minutes to prepare for a coaching session, and 30 minutes to reflect/take actions after a session. Honesty and transparency are vital. I will model them and expect them of you as well: if we aren't talking about what is really going on, I can't coach you effectively. And please be proactive with me: if you have a question or something isn't working for you, let's talk about it and work things out.

Honesty/trust/confidentiality

We're committing together to be trustworthy partners, honest and open about what is going on in our lives (reality check) and handling what is shared with respect and discretion. We learn a lot through mistakes and failures as well as successes; so, let's be honest about those things, as well as the good. Confidentiality will be maintained except where permission has been granted.

Growing Forward's **Values** are:

- *Growth*
- *Action*
- *Perseverance*
- *Confidentiality*
- *Optimism*
- *Celebration*
- *Accountability*

