

Linda J. Ferguson, Ph.D.
Skype: linda.fergusonphd
540-588-5928
ljfergusonphd@gmail.com

www.lindajferguson.com

EXPERIENCE THE MAGNIFICENCE OF WHO YOU ARE



Coaching Agreement

Sign and complete this form then return it along with payment
via email or postal mail.

Client Contact Information

Name: _____

Phone Numbers: If you do not want to be called at one of the phone numbers
below, then leave blank

(Day) _____ (Cell) _____

(Night) _____

Email Address: _____

Postal Address: _____

After your Free Introductory Coaching Session, decide on your

Top Priority Coaching Goals

(State what you want coaching on initially. Make your goals SMART-
Specific, Measurable, Achievable, Relevant, Timely)

Coach and Client Roles and Responsibilities

Coach's Role and Responsibilities:

- * Speak truthfully and give thoughtful objective feedback
- * Support Client as Client determines solutions to challenges, blocks, and goals
- * Hold Client accountable for actions Client says he/she will take between sessions
- * Help Client gain new perspectives for issues being addressed
- * Brainstorm with Client options for meeting Client's goals
- * Hold Client information in confidence
- * Focus on Client's agenda and act with integrity to complete the agenda each session
- * Facilitate the coaching sessions as a co-creative process with the Client

Client's Role and Responsibilities:

- * Speak truthfully about issues being addressed
- * Come to each session with an agenda and be prepared to work on the agenda items
- * Take responsibility for own feelings and decisions during each session
- * Follow through on action steps that come out of each session
- * Pay Coach according to terms of Coaching Agreement
- * Provide feedback on what was helpful about each session, and if dissatisfied with the session, share thoughts on ways to improve the next session

Fees and Scheduling

The Initial Coaching Commitment is for 5 sessions to be completed within 10-12 weeks. These Initial sessions cost \$450. We will have an evaluation of your progress after 5 sessions. If you want to continue coaching beyond this time, then we will schedule more sessions as you prefer. Additional coaching sessions are provided on a sliding scale basis per session (see chart below); monthly rate of \$400 can be arranged.

You will need to send payment for your initial 5 sessions with this coaching agreement before our first scheduled session. Payments can be made via PayPal/Credit Card on my website- www.lindajferguson.com or by sending a check to the mailing address below.

Address checks to:

**Linda J. Ferguson
1782 Jonathan Way
Reston, VA 20190**

Scheduling Procedure

Sessions will be scheduled for mutually agreeable times for the Coach and Client. All times determined will be EST. Client is responsible for calling/meeting the Coach at the agreed time (within 10 minutes). You may either use Skype for coaching (Skype me at linda.fergusonphd) or call 540-588-5928.

Sessions last 50-60 minutes, with the last 10 minutes spent reviewing the 'take-away Aha's' of the session and the action steps the Client will do following the session. We will start each session reviewing the items the Client would like to discuss as well as previous activities the client has taken to reach their goals.

___ I understand that Linda Ferguson is not a professional counselor or therapist.

___ I understand that the role of a Coach is not to diagnose or treat mental or emotional illnesses, addictions etc. If I need such professional help I will seek that elsewhere.

Client Signature

Date

Sliding Rate Scale for Coaching Sessions following the Initial 5 sessions

<u>Personal Income:</u>	<u>Coaching Rate/hr</u>
< 60K	\$75
60-80K	\$90
80-100K	\$100
>100K	\$120

If you do not wish to disclose your personal income, a standard rate of \$90/hr will apply