



## **Living life to the fullest! (John 10:10)**

### **What is Life Coaching?**

Life Coaching is a one on one relationship with a supportive life coach that challenges you to explore strategies and gives accountability to reach your personal goals.

### **Why Life Coaching?**

You must take responsibility for reaching your personal goals and living life to the fullest. This is a life-long growth journey that happens best in healthy community. Life Coaching will provide a supportive, encouraging relationship and healthy accountability which promotes growth.

### **How does Life Coaching work?**

You will begin meeting with your coach monthly for sessions lasting no more than 50 minutes. Your first coaching session will provide an opportunity to discover growth areas and allow you to set personal goals. In the following sessions, your Life Coach will give support, encouragement, and accountability to help you explore strategies and take realistic action steps toward those goals. At the end of 6 months (or 6 coaching sessions), you will be given the choice to continue or discontinue Life Coaching. The suggested donation for Life Coaching is \$40.00 per coaching session.

### **Life Coaching Agreement**

As the client, I understand and agree to the above and commit to meeting with my Life Coach for 6 months (or 6 coaching sessions). I commit to being consistent and punctual for all coaching sessions canceling within 24 hours prior. I will also be open and honest as well as diligent to complete action steps toward my personal goals.

\_\_\_\_\_

Name

\_\_\_\_\_

Cell Phone

\_\_\_\_\_

Signature

\_\_\_\_\_

Date

As your coach, I commit to being punctual and prepared for all coaching sessions. I will be open and honest with you and handle what you share with respect and discretion. I commit to believing in, supporting, and encouraging you while providing accountability to reach your personal goals.

\_\_\_\_\_

Signature

\_\_\_\_\_

Date

**As Iron sharpens iron, so one man sharpens another.  
-Proverbs 27:17**