

# ***NEXT STEP* COACHING**

*Partnering with people to take them where they are now to where they want to be next.*

## **COACHING AGREEMENT**

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I am honored to serve as your coach and look forward to helping create the changes and life that you really want and are designed to have. This Coaching Agreement has been developed to give guidelines and policies. Please read it through and if you have any questions, we can discuss them further.

### **COACHING RELATIONSHIP**

Coaching may address specific business issues, projects, life balance, goals, or general conditions in your life or profession. Our coaching relationship will be designed together. Coaching is not advice, therapy, consulting, or counseling. I will look to you as the expert. My role will be to ask meaningful questions and come alongside as your thought partner. We will work together through challenges and issues, and I will help you design actions to move you toward your desired goals. There may be times when mentoring is blended with coaching. I will always ask your permission before sharing in this manner.

Throughout our coaching relationship, the conversations will continue to be direct and personal. I promise to be honest, straightforward, and to speak the truth in love. I will do my best to ask clarifying questions and make empowering requests. The purpose of our interaction is to hold your focus on your desired outcome so you can stay clear, take action, and experience change in the process.

### **COACHING SESSIONS**

Our scheduled coaching sessions can take place in person, over the phone, or through Zoom. These sessions can be weekly, bi-monthly, or monthly, depending on your action plans, your schedule, and the urgency of the topic(s) around which you need to be coached. During our first meeting, we can negotiate the length of our coaching relationship, depending on your goals and desired outcome.

You can reach me at 281-782-6230. We should both be considerate of each other's time by beginning and ending our calls on time. Should unforeseen circumstances arise, a call can easily be rescheduled.

## **ACCOUNTABILITY**

As we coach, assignments may be given, or you may set a goal you want to meet between sessions. I will encourage you to find someone who can hold you accountable as needed. Of course, the ultimate accountability will be to yourself. It is understood that you will be responsible for achieving your goals, striving to grow, and making decisions that will ultimately impact your personal and business life.

## **COACHING INVESTMENT**

I'm sure you'll agree that we take more seriously the things in which we invest in. As we work together to help you move forward, my investment will be to provide a rich coaching experience for you, as well as beneficial resources. I am committed to staying current in my education, coach training, and my involvement in coaching organizations. I hold Professional Coach Credentials with the CAM who is an affiliate of ICF, the highest credentialing body for coaches. The ICF Core Competencies provide the guideline I follow for effective coaching. You can review these competencies at [www.coachfederation.org](http://www.coachfederation.org).

## **CONFIDENTIALITY**

All information discussed and/or shared during coaching sessions will be kept strictly confidential, unless otherwise required by law. At times, information that is shared may be specific and explicitly personal. Your willingness to be truthful will be treated with ultimate respect. This is a special confidence.

Tyler Gerfers

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