



## Chopra Coaching

# Agreement

This agreement between \_\_\_\_\_ (coach) and \_\_\_\_\_ (client) will begin on \_\_\_\_\_ (date), and will continue for a minimum of \_\_\_\_\_ weeks. The fee for the initial intake session is \_\_\_\_\_, plus \_\_\_\_\_ for \_\_\_\_\_ weekly sessions. Upon completion of the initial commitment, the coaching agreement can convert to a new package of sessions or a month-to-month basis.

The services to be provided by \_\_\_\_\_ (coach) are Chopra Coaching as designed jointly with the client. Coaching, which is not advice, therapy, or counseling may address aspects of the client's total well-being such as Ayurvedic lifestyle and meditation practices. Other coaching service or activities may include life purpose, intention setting, meaning-making, and shadow work.

\_\_\_\_\_ (coach) promises the above-named client that all information shared will be kept strictly confidential. Your willingness to be truthful will be treated with the ultimate respect.

Throughout our working relationship the conversations will continue to be direct and personal. You can count on me to be honest and straightforward, asking clarifying questions, offering reflections, and making empowering requests. The purpose of our interaction is to deepen your self-awareness while holding your focus on your desired intention and to coach you to stay clear, focused, and in action. You understand that the power of the coaching relationship can only be granted by you—and you agree to do just that—grant the coaching relationship to be powerful. When you see the coaching is not working as desired, you agree to communicate and take actions to return the power to the coaching relationship.

By signing below, you agree to keep your agreements, to regard our appointment timeframes with respect, and to keep the coach informed as what is needed to keep you moving forward.

Our signatures on this agreement indicate full understanding and agreement with the information outlined above.

\_\_\_\_\_  
Client name

\_\_\_\_\_  
Client signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Coach name

\_\_\_\_\_  
Coach signature

\_\_\_\_\_  
Date