

# **AGK DISCOVERY COACHING AGREEMENT**

**Coaching is an ongoing relationship between a coach and a person who desires coaching.**

**We agree that:**

1. Coaching is not therapy, counseling, advice-giving, mental health care, or treatment for substance abuse. The coach is not functioning as a licensed mental health professional and coaching is not intended as a replacement for counseling, psychiatric interventions, treatment for mental illness, recovery from past abuse, professional medical advice, financial assistance, legal counsel, or other professional services. Coaching is for people who are basically well adjusted, emotionally healthy, functioning effectively, and wanting to make changes in their lives.
2. Coaching is designed to address issues the person being coached would like to consider. These could include (but are not limited to) career development, relationship enhancement, spiritual growth, lifestyle management, life balance, decision making, movement through transitions, or the achievement of short-term or long-term goals.
3. Coaching can involve brainstorming, values clarification, the completion of written assignments, education, goal setting, identifying plans of action, accountability, making requests, agreements to change behavior, examining lifestyles, and questioning. Coaching is most effective when both parties are honest and straightforward in their communication.
4. Coaching is a confidential relationship and the coach agrees to keep all information strictly confidential, except in those situations in which such confidentiality would violate the law or could jeopardize the safety of the coachee or others.
5. Coaching is done with the assumption that each person in the relationship is guided by his or her values and beliefs. A Christian coach is a committed follower of Jesus Christ and seeks to live in accordance with this commitment. The Christian coach is honest in making this revelation but respects the different values and beliefs of others. The Christian coach does not seek to impose values on another, proselytize, condemn, or refuse coaching services to people who do not share similar values or beliefs.
6. The coach and the coachee will work together to set a six month calendar of calls. Efforts will be made to accommodate each other's schedules. At the scheduled time, the coachee will call the coach. The coach will wait for ten minutes beyond the start time, after which, the session will be considered missed. Each call will last approximately one hour, but sessions could be shorter based upon the needs of the coachee.
7. For purposes of this agreement, [insert name of coachee] and [insert name of coach] agree to meet once a month for a minimum of six coaching sessions, beginning [insert starting date].

8. Each of the parties whose signatures appear below agrees to inform the other of the need to cancel an appointment. Except in unusual circumstances, this cancellation will be given no less than twenty-four hours prior to the scheduled appointment time.
9. In between coaching sessions, the coachee should feel free to email the coach. Calls made between sessions are permissible and are based upon the availability of the coach. The coachee recognizes that such calls will be kept to five minutes or less.
10. If, at any time, the coachee feels that his or her needs are not being met, please inform the coach. The coachee's coaching program will be adjusted to meet the desired outcome.

Each of the people whose signature appears below agrees that this agreement represents our mutual understanding of the coaching relationship.

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Coachee (Signature & Date)

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Coach (Signature & Date)

# LIFE CALLING ASSESSMENT

Please rate your current level of peace with each of the following areas of your life.

Place a number from 1 to 10 next to each item, **1 meaning “I believe this is a terrible reflection of God’s call upon my life”** and **10 meaning “I believe this is a beautiful reflection of God’s call upon my life”**. (Skip any that do not apply.)

Your level of peace may vary but give your best overall assessment of how confident you feel at this moment that you are living out God’s call upon your life in these areas.

Personal Spiritual Life and Growth \_\_\_\_\_

Church/Religious Life \_\_\_\_\_

Physical Health \_\_\_\_\_

Mental/Emotional Health \_\_\_\_\_

Marriage/Romantic Relationship \_\_\_\_\_

Home Life (Family Cohesion – How the Family “Works”) \_\_\_\_\_

Personal Order (Organization, Efficiency, Simplicity) \_\_\_\_\_

Extended Family Relationships (Relatives, In-Laws) \_\_\_\_\_

Friends/Social Life \_\_\_\_\_

Fun and Recreation/Hobbies \_\_\_\_\_

Financial Stability \_\_\_\_\_

Physical Environment (Home, Office, Cars, Neighborhood, etc.) \_\_\_\_\_

Career/Employment \_\_\_\_\_

Relationship with Children \_\_\_\_\_

(List Each Separately) \_\_\_\_\_  
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