

**MindfulGuidance – Coaching & Counseling**  
**Sports Coaching Agreement**  
Lisa Love, PMH CNS, BC

*Welcome! I am delighted to work with you as your optimal performance mental coach and look forward to helping you clarify and manifest your intentions. Please familiarize yourself with the information below and please let me know if you have any questions regarding the guidelines so we can discuss further.*

**Client Name:** \_\_\_\_\_ **Mobile Ph.** \_\_\_\_\_

**Email address:** \_\_\_\_\_

**Commitment:** You are hiring me as your mental coach because you wish to make certain mindset shifts in how you approach your sport/competition to improve your enjoyment and performance. Sometimes it takes only several sessions, other times, a series over several months is required to help you establish the new habits of thought, vision and action to support the changes you wish to make. In either case, we will work together to help support the greatest shift in the least amount of time.

I request a month-to-month pre-payment so I can reserve time for you each week. On the 4<sup>th</sup> session, we will review your progress in relation to your aspirations and decide whether to extend or complete our work together. Should you desire to extend our work another session or two, but not an entire month, then we will revert to my usual and customary hourly rate of \$125.

**Investment:** My monthly individual sports coaching fee is \$380 per month, with a 1-month minimum commitment. You may pre-pay on my website – [www.mindfulguidance4me.com](http://www.mindfulguidance4me.com) and use the “make a payment” tab and scroll down to the “pre-paid coaching package” button and enter the amount listed here to pay through PayPal, or you may send me a check or money order to MindfulGuidance 183 Park Row, 2<sup>nd</sup> Fl Brunswick, ME 04011. I also accept credit card payments at the time of our first meeting and ask that you come prepared to pay first.

**Procedure:** You have the option of meeting face to face or by phone, Skype or FaceTime. Our sessions will be 1 hr in length for the first month, then 45 mins in length after this. Please call or attend your appointment as close to the scheduled time as possible. If you are late, we will not be able to extend your appt. time. If something comes up and you miss your appt. you will may have the option to reschedule that same week, provided I have times still available. If not, then you will lose that opportunity and are still responsible for the charges. If you need to reschedule in advance, please call my phone any time, day or night and leave me a message that you will not be able to keep your original scheduled time, leaving me several good times to reach you the following day, as well as suggested times to reschedule if possible. I will do my best to accommodate unexpected interruptions to our regularly scheduled appts,

but may not be able to find a mutually agreeable time that same week. If this occurs, then we can extend your series by another week, with advance notice. It is always best to allow 48 hours if you know in advance that you will need to reschedule.

If our appt is by phone or video conference, please call at your scheduled time. If you find I do not answer, please do not leave a message, just call back in 3 or 4 minutes. If by chance you still do not get me on your second try, leave me the best number to reach you and I will do so as soon as I am free.

**Between sessions:** You will no doubt have exercises to practice and progress to track. If you have any questions, please call and ask rather than wait. Also, I love hearing success stories – so please share these as well. This is not billed extra – I simply ask you keep the calls on the short side. You are welcome to send me progress notes via email as well – [mindfulguidance4me@gmail.com](mailto:mindfulguidance4me@gmail.com) . I usually check email 2-3 times per day during regular business hours.

**The Coaching Relationship:** Throughout our working relationship, I will endeavor to engage you in direct, very personal conversations and do my best to be sensitive and straightforward. In return, I wish you to be open, genuine and authentic with me so that I can help you as fully as possible. Our relationship is a collaborative one, where I am your biggest ally and supporter for this endeavor you are undertaking. Should I do (or omit) something that is uncomfortable or confusing, please let me know as soon as possible so we can address it and clarify. You are sovereign in your life and you may not wish to try all of the things I may suggest – please honor your own timing and inclinations and decline or refrain when it feels right for you. Our relationship is professional, confidential and based upon trust. I am 100% committed to your success. I will ask you for feedback at the end of our sessions most times, but feel free to share feedback by phone or email after our sessions as well. If I am not fully informed, I cannot respond to an emerging need or problem. I fully respect your needs and hope that you will let me know if I'm off track in meeting them. Thank you.

**Client Agreements:** Speaking as you, the client:

1. As a client, I understand I am fully responsible for my decisions, actions and wellbeing during my coaching alliance with Lisa. I am aware I can discontinue coaching at any time. I recognize that coaching is not psychotherapy or any form of medical treatment and understand a professional referral will be made if necessary.
2. I understand that sports coaching is a relationship I have with my coach that is designed to facilitate the creation/development of a personal plan for achieving my individual goals and that I am responsible for carrying out that plan.
3. I understand that sports coaching may become a more comprehensive process involving all areas of my life – including work, finances, health, fitness, relationships, recreation, spirituality and learning and leisure. I acknowledge that deciding how to address issues that arise in any of these areas is exclusively my responsibility. I am free to decline an offer to look at any or all of these areas.

4. I understand that my information will be held confidential unless I give written permission for use of my story or testimonial for promotional purposes, and when shared with other coaching professionals for training or consultation purposes, my identifying information will be protected.
5. Should I become injured in my sport or during active sessions, I assume full responsibility for my healthcare and wellbeing and indemnify my coach.

*I have read and fully agree with all of the above statements.*

\_\_\_\_\_/\_\_\_\_\_ date\_\_\_\_\_

client signature/printed name