

MindfulGuidance – Coaching & Counseling Sports Coaching Agreement Form

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Confidential, encrypted email: Mindfulguidance@protonmail.com

Welcome! I am delighted to work with you as your optimal performance mindset 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: _____

Ph. (_____) _____ (mobile) (_____) _____ (landline)

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 a few sessions. Often, 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. It is preferable to start with a 2-3 month commitment. Payment is made 1 week in advance of your 1st appointment, to reserve your time. We will book a month of sessions in advance after payment is received.

Procedure: You have the option of meeting in-person or by videoconference (FaceTime, Zoom, or doxy.me/lisalove). At the time of our initial conversation, we will clarify whether to proceed by utilizing a pre-paid package or individual appointments. Our first session is generally 75-90 mins, followed by 45 min sessions.

If our appt is by phone or videoconference, please call me at your scheduled time, or sign in a few minutes prior to your scheduled time. If you find I do not answer or show up, please text me at (207) 522-7312. I may have encountered a delay.

Between sessions: You will have exercises or attitudes to practice and progress to track. It is best to keep a journal/file of handouts. Please complete your coaching Wins form and have it available for each session or email me your responses if telephonic or video sessions are scheduled. If you have any questions between sessions, please feel free to call and ask, or write them down to discuss in person.

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 may not wish to try all of the things I 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.

I may request a confidential testimonial, to share on social media. Sharing your experience with others is not required, but greatly appreciated, as are any referrals. Thank you.

Client Agreements: Speaking as you, the client:

1. As a client, I understand I am 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 the partnership I have with my coach 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 include paying attention to other areas of my life – including work, finances, health, fitness, relationships, recreation, spirituality, 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.
6. I agree to pay for my sessions 1 week in advance of each month or prior to our session.
7. I will complete my coaching Wins form and email in advance or bring it to our session.

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

_____ / _____ date ___/___/___
client signature printed name