

I agree. Since you've already created a separate **Sports Coaching Fees and Policies** document, the golf-specific form can be much leaner and more client-friendly. It can focus on the purpose of golf coaching, the package options, and how to get started, while referring clients to the Sports Coaching Policies document for scheduling, payment, cancellations, and communication guidelines.

 Edit



MindfulGuidance for Golf

Helping You Master Your Golf Mindset

Welcome! I am delighted to be your mindfulness golf coach and look forward to helping you develop the mental skills, confidence, and mindset needed to create the golfing experience—and life—you truly want.

This agreement outlines the golf-specific coaching process. Please also review and sign the accompanying **Sports Coaching Fees and Policies** document, which contains important information regarding fees, payment, scheduling, cancellations, communication between sessions, and other coaching policies.

Client Name:

Age: _____ **Phone:** _____

Email:

Date:

Commitment

Mental performance coaching is designed to help you improve focus, confidence, emotional regulation, resilience, and consistency in your golf game. While some changes may occur quickly, meaningful and lasting growth develops through regular practice and application over time.

To achieve the greatest benefit, I generally recommend a commitment of two or three months of weekly coaching. This allows us to thoroughly assess your strengths, identify obstacles, and develop personalized strategies that support both your golf performance and your overall well-being.

Following completion of your initial coaching package, services may continue on a month-to-month basis if desired.

Golf Coaching Packages

Initial Coaching Packages

Two-Month Package: \$1,175

Three-Month Package: \$1,525

Both packages include:

- One 90-minute assessment session
- Three 60-minute coaching sessions per month
- Personalized practice recommendations
- Support between sessions as outlined in the Sports Coaching Policies

Continuing Coaching

Following completion of your package:

\$450 per month, including three 45-minute coaching sessions.

Individual sessions are also available at my current hourly coaching rate.

Getting Started

1. Schedule your complimentary 20-minute consultation by calling **(207) 522-7312**.
2. Download and complete the Sports Coaching and Golf Coaching forms from the **Helpful Forms** section of my website.
3. Return all completed forms at least 24 hours before your first scheduled session.
4. Once forms and payment are received, we will schedule your initial coaching session.

5. Sessions may be conducted by video conference, in my Brunswick office, or on the golf course, depending on your needs and goals.

Parent or Mentor Participation

Clients are welcome to bring a parent, mentor, or other supportive individual to sessions when appropriate. Their involvement can help reinforce the skills and strategies we are developing. Coaching sessions, however, remain focused on your goals, growth, and performance.

Contact Information

Phone: (207) 522-7312

Email: mindfulguidance@protonmail.com

Mailing Address:

MindfulGuidance – Coaching & Counseling
183 Park Row
Brunswick, ME 04011

Acknowledgment

I have read and understand this Golf Coaching Agreement and the accompanying Sports Coaching Fees and Policies document. I agree to participate fully in the coaching process and understand that meaningful results depend upon my commitment to practicing and applying the skills we discuss.

Client Signature:

Date: _____

Coach Signature:

Date: _____

This version is about half the length of the original, removes policy duplication, and creates a cleaner separation: **one document explains how coaching works, and the other explains the business policies**. That tends to feel more professional and easier for clients to digest.



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