

Mindful Guidance

Sports Performance Coaching Agreement

Lisa Love, PMH CNS, BC

Phone: (207) 747-3050

Secure Email: MindfulGuidance@protonmail.com

Welcome! Thank you for choosing Mindful Guidance. I look forward to partnering with you to strengthen your mindset, enhance your performance, and help you achieve your athletic goals.

Please read this agreement carefully. If you have any questions, I encourage you to ask before signing.

Client Information

Name: _____

Mobile: _____

Home Phone: _____

Email: _____

Coaching Commitment

You are choosing sports performance coaching to develop the mindset, confidence, and mental skills that support improved performance and greater enjoyment of your sport.

Every client is different. Some people reach their goals in only a few sessions, while others benefit from working together over several months to establish lasting mental habits and performance strategies.

To provide the greatest opportunity for meaningful progress, I generally recommend an initial commitment of **1-2 months**.

Payment is due **one day before your first appointment** to reserve your coaching time. Once payment is received, we will schedule your future sessions for the coming month.

Appointments

Sessions are available via video conferencing on doxy.me/lisalove.

During our initial consultation, we will determine whether individual sessions or a prepaid coaching package best fits your needs.

Session Length

- Initial session: 75 – 90 minutes
- Follow-up sessions: 45 - 60 minutes

For phone or video appointments, please call or log in a few minutes before your scheduled time.

If you are unexpectedly delayed, please text me at **(207) 522-7312**.

Between Sessions

Growth happens between coaching sessions.

You may receive exercises, reflection activities, or mindset practices to complete between appointments. Keeping a journal or folder for your notes and handouts is encouraged.

Please complete your **Coaching Wins Form** before each session and either:

- bring it with you, or
- email it 1 day before phone or video appointments.

If questions arise between sessions, you are welcome to email or call, or simply make a note to discuss them during our next meeting.

Our Coaching Relationship

Our coaching relationship is collaborative, respectful, and built on trust.

My commitment is to provide honest feedback, thoughtful guidance, encouragement, and practical strategies to help you reach your goals.

Your commitment is to participate openly, communicate honestly, and let me know if something feels unclear, uncomfortable, or unhelpful. Your feedback allows me to better support you.

You are always free to decide whether a suggested exercise or strategy is right for you. Coaching is most effective when we work together at a pace that feels appropriate for you.

After our work concludes, if you would be willing to provide a confidential testimonial, sharing your experience is completely voluntary and greatly appreciated. You can leave a Google review or something for me to post on my website.

Confidentiality

Your privacy is important.

Information shared during coaching will remain confidential except:

- when you provide written permission to share information;
- when anonymous information is discussed with professional colleagues for consultation or supervision; or
- when disclosure is required by law.

Any identifying information will be protected whenever possible.

Coaching Agreement

By signing below, I acknowledge that:

1. I understand that coaching is a collaborative process intended to support my personal growth and athletic performance.

2. I am responsible for my own decisions, actions, and results throughout the coaching relationship.
3. I understand that coaching is **not** psychotherapy, counseling, medical treatment, or mental health care. If my needs fall outside the scope of coaching, an appropriate referral may be recommended.
4. I understand that discussions may include areas of my life that influence athletic performance, such as health, fitness, work, relationships, recreation, learning, finances, or personal wellbeing. I may choose whether or not to explore these topics.
5. I understand that I may discontinue coaching at any time.
6. If I become injured during my sport or while participating in coaching-related activities, I remain responsible for obtaining my own medical care.
7. I agree to pay coaching fees one week in advance of each month's scheduled sessions, or before individual sessions, as agreed.
8. I agree to complete my Coaching Wins Form before each session and share it with Lisa ahead of our appt time.
9. I have read, understand, and agree to the terms outlined in this agreement.

Client Signature:

Printed Name:

Date: ____ / ____ / ____

