

# Authentic Youth Coaching Agreement

This coaching agreement, signed this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_\_, This agreement between; \_\_\_\_\_ (Coach) and \_\_\_\_\_ (Youth/Client) whereby Coach agrees to provide Coaching Services for Client focusing on life skills and goals identified in the coaching sessions and assessments.

## **Coaching Sessions**

The services to be provided by the Coach to the Client are:

- Weekly face-to-face meetings. Telephone or Skype session(s) to be scheduled as mutually agreed upon between the Coach and the Client (or their parent/legal representative, if the Client is a minor). Additional sessions can also be scheduled as mutually agreed upon.

## **Coaching Relationship**

- Coaching will be an ongoing relationship that may take a number of months, although either party can terminate the relationship at any time.
- Throughout our working relationship, I will involve the youth in helpful conversations and/or other creative activities. Together, the Youth and I will work to help the Youth discover and achieve his/her goals.
- With the Client's knowledge and support, and without violating confidentiality of specifics shared in the sessions, I will provide a verbal report to the Client's parent/legal representative (if the Client is a minor). This is done to assist the parent/legal representative in understanding the Client's progress as well as learning how they can continue to provide support and assistance to their child.

## **Coaching Sessions**

- Coaching sessions are **not** therapy sessions or psychological counseling sessions, nor will any coaching sessions be a substitute for counseling, psychotherapy, mental health care or substance abuse treatment.
- The Youth (or their parent/legal representative, if Client is a minor) will seek independent professional guidance for legal, medical, or mental health matters. If, in the course of coaching, I believe it would be more beneficial for the Client to pursue counseling or therapy, I will make that recommendation. The Client, or parent/legal representative, understands that all decisions in these areas are exclusively theirs, and I, as the Coach, acknowledge that decisions and actions regarding them are their sole responsibility.

**Confidentiality**

Coaching is a confidential relationship and I, as the Coach, agree to keep all information strictly confidential, except in those rare situations where the Youth’s records might be subpoenaed by a court of law or where such confidentiality would violate the law. This can include, but is not limited to, thoughts of harming self or someone else, child abuse, elder abuse, etc. Otherwise, no information or materials will be shared with outside sources or other people regarding our coaching work, except with express written permission of the Youth (or parent/legal representative if Client is a minor).

**Other Details**

1. This relationship is for a specific period of the Youth’s choosing.
2. Each session will be in person, by phone or Skype and may last up to a maximum of 60 minutes. Emails are available between sessions.
3. 24-hour notice is requested for cancellation of a coaching session. “No-shows” unfortunately will not be refunded.

Youth Commitments:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

DISCLAIMER: The Youth (and parent/legal representative, if Client is a minor) is the sole decision-maker in the coaching process. Any and all actions or consequences resulting from the coaching sessions are the responsibility of the Client. The Client (and parent/legal representative) releases the Coach of all liability pertaining to the services rendered in the coaching relationship.

Signatures indicate agreement with this coaching agreement.

\_\_\_\_\_ Date \_\_\_\_\_  
\_Client

\_\_\_\_\_ Date \_\_\_\_\_  
\_Parent/Legal Representative (if, Applicable)

\_\_\_\_\_ Date \_\_\_\_\_  
\_Coach