



Health and Performance Coaching Agreement

Client

Company/Business Name:

Name:

Address:

Telephone:

E-mail:

The Carroll Consultancy Group

Address: Surrey, England

Your Coach: Matthew Wallden

Telephone: +44 7766 492382

E-mail: matt@carrollconsultancy.com

I agreed this day to coach you, the Client. This coaching agreement governs the terms and conditions signed by you that apply to the coaching sessions. We undertake to carry out coaching with you to the extent and for the compensation and conditions of payment agreed upon.

We are committed to:

- Develop a coaching plan for you and work on it together with you.
- Give you access to our coaching material.
- Maintain regular contact with you as long as the coaching will last and give you follow-up calls or e-mails to the extent necessary.
- E-mail you notes from the coaching sessions, e-mail as soon as possible after each session.
- Answer your calls and e-mail as soon as we can.
- Be Punctual.
- Do not take any phone calls when you are with us.
- Always be open and honest with you, and...
- Put your well-being and your health first.



We undertake to treat what is said in our discussions as confidential, except that we have the right to provide information to colleagues who work with or cooperate with us, to the extent necessary to help you meet your goals.

You agree to:

- Participate in coaching during UK business hours on weekdays 8.30 – 17.00.
- Always be open and honest with us.
- Be on time.
- Immediately inform us if you have any questions or are in doubt regarding our cooperation.
- Give us the information we need to do our work.
- Put aside the time needed to work with the things we agreed on and to work with and practice the things we agreed that you should do.
- Be rested and committed to the coaching sessions.

Our business is a referral based business. We don't work with everyone, we work with quality people like yourself that are referred by our valuable clients. To this end at different times during your work with us we will approach you for quality referrals of people or organizations in your network that you know would benefit from our products and services like you are. You agree to refer a minimum of 3 quality people to us during the course of your coaching and pass on the benefits of coaching to people helping them to improve their results, businesses and lives.

You understand that it is you yourself who is responsible for achieving the objectives and the results that you set up and that it is you who must decide on and implement any changes in your life in order to achieve these goals and outcomes.

You have the choice to participate in the coaching sessions, and you understand that it is you who bears full responsibility for your mental and physical health and responsibility at all times. During the sessions emotional issues can come up and you understand that it is your responsibility to work on those issues either during our work if within the scope or outside of our work at your own expense.

Cancellation of coaching sessions for sickness or any other reason shall be no later than 24 hours before the scheduled time. Upon such cancellation a new time shall be made for a later date.



You understand that if you choose not to participate in attending sessions and completing actions on 2 or more consecutive occasions, after having been coached on this, that I have the right to terminate your executive coaching work. Furthermore, you acknowledge that you or your company are not entitled to receive any part of the paid compensation back in the event of termination and that a credit will be given for the reasonable value of the un-delivered work.

Location: Surrey, England

Location:

Date:

Date:

Coach
Matthew Wallden

Client