

# AGREEMENTS

1

## **Your Session are your time. Be on time.**

How you show up for yourself matters. Coaching is an investment in yourself and your future. Your coaching time is your time. If you choose to be late, that is how you are using your time. Reschedule in advance, if needed.

2

## **Be prepared and be present.**

Have a **journal and pen** ready on each call. Whatever lands, stands out, or feels “potent” to you during a session is important for you. Write it down! You will take in new information and consider brand new perspectives in coaching. It will be enormously helpful on your growth journey to have notes you can refer back to.

Journaling about your insights and reflections is powerful. You cannot journal too much.

3

## **Be honest and open minded.**

This is a space for learning and exploration. Give yourself permission to open up. There are no wrong answers. Anything that is expressed will be used for growth and learning. I am a mirror and will reflect you back to you in support of your learning experience. We will dismiss judgement when it arises because judgment is limiting.

4

## **Take 100% responsibility. No less, no more.**

I am the coach and you are the explorer. You set the pace. You choose what we cover. Everything I offer is only an offer. You choose to pick it up and run with it, or not. I will bring questions, frameworks, and ideas to the table. You bring your truth and expression. You are responsible for your experience, your learning, and your life. I am here to support you.