

Coaching with Blake | Partnership Agreement

Welcome! Thank you for courageously stepping into this exploration with me and for giving me the opportunity to coach!

As a Coachee/Client (“Traveler”) you are in charge of creating and implementing your decisions, choices, and actions. I request that you try your best to show up fully to the coaching and wholeheartedly commit to doing the work that we map out together in pursuit of your desired outcomes. I also ask that you offer the time, energy, and resource appropriate and necessary for us to make the most of our experience working together.

Coaching is a supportive, thought-provoking, and creative partnership designed to support clients in unleashing potential, achieving goals, and upgrading mind, body, and energy. Given that physical, emotional, mental, and spiritual living are interconnected, Human Potential Coaching combines health, personal development, performance, and life coaching. Coaching isn’t therapy, consulting or mentoring and does not aim to prevent, cure, or treat any mental disorder or medical disease. It’s non-hierarchical and capacity building. As a coach, I listen deeply, ask powerful questions, facilitate somatic awareness, share intuition, and offer resource in service of your desired outcomes, embodiment, and wellbeing.

Schedule & Fees:

During our introductory conversation, we will discuss what you want out of coaching and see if we click to schedule a first session. This conversation usually lasts 20-30 minutes, does not include coaching, and is free of charge. Our first full coaching session consists of building trust and alliance for our partnership, a shorter coaching conversation, and mutually determining our next steps. This first session extends the usual 45-60 minutes. If we mutually agree to proceed with coaching, we will contract for one of the following coaching formats for the over the period (“Commitment”) recommended below.

The Test Drive

This is an option for first-timers.

You’re ready for a change. You’re seeking clarity or you want to try coaching.

- **Commitment:** 60 days, minimum 4 sessions
- **Frequency:** Weekly to biweekly (set by Traveler)
- **Rate:** Pay by session

The Journey

You know your goal(s). You know the destination and you’re ready to start the trip to it. You want support with route guidance.

- **Commitment:** 90 days
- **Frequency:** Weekly or less (set by Traveler)
- **Rate:** Pay by journey

The Express

You know your destination. You’re ready for the finish line.

- **Commitment:** Until the goal is reached (1 month +)
- **Frequency:** As often as needed (max of 3 coaching sessions per week)
- **Rate:** Pay by result

Invoices are delivered digitally. Payments are accepted via Venmo (@oconnorbp), PayPal (blake@wellnready.com), or bank transfer. Please consider that PayPal takes 3% of the payment for goods/service.

Standard payment terms are as follows:

- Invoices for The Test Drive will be delivered after each session.
- Invoices for The Journey and The Express will be delivered after the first session.
- All invoices are due within 7 days unless otherwise noted
- ***If financial barriers exist, we can discuss options when we connect for the first time.*

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This contract covers the first session. If we agree to coach, we would then complete the "For Continued Coaching" part of this document.

Confidentiality: All discussions will be held as confidential, unless you are going to commit a crime, harm yourself or someone else. Your story belongs to you and you, of course, have the right to share anything you want with anyone!

Procedure: Best practice suggests that we schedule our coaching meetings at the beginning of the engagement. As the client, you can schedule using [this Calendly link](#), which shows the times I am available. Sessions will be conducted on Zoom by default, though we can switch to Google Hangout, FaceTime, Skype, or phone call as needed or preferred. If we are in the same city, I am happy to coordinate a time for us to meet in person. Client initiates the session if it is by phone, FaceTime, or Skype. For Zoom and Google Hangouts, I will host and initiate the calls at the time of our session. Please aim to be punctual. If you need to alter or cancel a session, please give me a minimum of 24 hours notice. Fewer than that will generally incur loss of the session fee unless I can rebook the slot.

Ethics: As a Coach, I hold to the code of ethical practice established by the International Coach Federation (ICF): <https://coachfederation.org/code-of-ethics>. You can access these by clicking the link above. Please review the code for yourself and feel free to ask me directly about them if you would like to discuss further.

My intention as your coach is to show up with presence, care, kindness, unconditional positive regard, and as my best professional self throughout our journey together. I kindly request the same in return. My focus and intention is that you, the Client, are able to truly flourish and achieve your potential, and I will do all I am able to in order to facilitate that outcome.

Kindly with gratitude,

Please sign this Client Agreement and retain a copy for your records. Again, please schedule your first meeting at <https://calendly.com/blakeo/60-minute-coaching-session>.

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Client Information

FULL NAME: _____

EMAIL: _____

PHONE: _____

For First Session

DATE: _____

SIGNATURE: _____

For Continued Coaching

COACHING FORMAT: _____

PAYMENT PLAN: _____

PAYMENT METHOD (Direct Deposit, PayPal, Venmo, other): _____

DATE: _____

SIGNATURE: _____