

## ***Sample Wellness Coaching Contract***

### **Coach Name (insert):**

- As your wellness coach, my role is to help you improve your wellness, and the ability and self-confidence to maintain a higher level of wellness.
- Through a coaching inquiry, I will encourage you to identify your wellness vision, motivators, obstacles, and strategies to overcome your obstacles, and commit to improving your wellness.
- I will listen to you attentively and without judgment or my own agenda.
- Where possible I will ask questions and encourage you to arrive at your own answers.
- I will encourage realistic expectations and goals
- I will be direct and firm with feedback when needed.
- I will help identify creative solutions to get around roadblocks.
- I will provide advice and instruction for engineering wellness activities into your busy life.
- I will be punctual and responsive.
- I will recognize early whether the chemistry with you is good or not optimal, and if not optimal, refer you to another coach.
- I will acknowledge when you have an issue that is outside my scope of knowledge and skill and recommend other avenues.

### **Client Name (insert):**

- I want to improve my level of wellness.
- I believe that a higher level of wellness will bring me powerful benefits that are very important to me.
- I am ready to take responsibility to make and sustain changes in at least one area of wellness.
- I am ready to invest at least three months to make improvements.
- I will be open and honest, and I will share personal information that is relevant to wellness.
- I am ready to become more self-aware.
- I am open to suggestions and trying new things.
- I understand that setbacks are normal on the path of change and necessary in order to establish new behaviors.
- I will be punctual and responsive.
- I will ask for the support, feedback or resources I need from my coach.
- I will let my coach know as soon as possible if a problem or issue is developing that could seriously alter the normal scheduling and three month agreement.