

12 Week Coaching Agreement



Dream Catcher coaching success is dependent on a commitment from both the coach and the client.

Our commitment to each other:

1. **Time:** We agree to make our coaching time sacred. When we schedule sessions, we are making an unwavering commitment. We will communicate promptly when meetings need to be rescheduled.
2. **Relationship:** We will communicate in a direct, honest manner. Our relationship will be founded on clarity, transparency, and authenticity. It will be constructive and supportive.
3. **Preparation:** We will come to each coaching session with a purpose. This will be established in previous meetings. We will approach each session with clear intentions related to realizing your vision.
4. **Follow up:** We will keep all commitments and agreements we make with each other including completing assignments and other work that we agree should be done.
5. **Communication:** We will communicate either in person, or by text, phone and email and utilize the Dream Catcher dashboard communication tool in between sessions.

Your commitment to the process:

6. **Accountability:** Attaining your compelling vision is your responsibility. You commit to working hard to achieve what we agree on. If anything we agree on doesn't work for you or 'feel right', you will promptly let me know and we will explore other options.
7. **Openness:** You agree to be open to receiving feedback and experimenting with new actions, behaviors, and strategies to achieve the outcomes you want.
8. **Support:** We will involve other individuals in the process that you feel can be helpful in supporting you on your journey. We will agree on whom and how we will involve specific individuals on a case-by-case basis. You will ask for support when you need it.

Start Date

End Date

Coach Signature

Client Signature

Dream Dare Do!

12 Week Coaching Agreement



Tips for the Coach:

Your potential client has already heard about the coaching program from other people in the company who have been promoting the culture of coaching and transparency. Below are a few tips on presenting Dream Catcher to your 'almost committed' client. It is your responsibility as a coach to 'close the deal'. Have your potential client first ask any questions that they have. Understand where your client is coming from by intently listening and addressing their questions. Based on the many questions that previous clients have asked, the following suggested responses will help you get a commitment from your client.

Why Dream Catcher is for them:

Reiterate to your client how potent a program Dream Catcher is. It is a very comprehensive approach to coaching that is centered on the client discovering their compelling life vision. Once that is done, they will, with your help, be capable of developing themselves in ways that close skill gaps that they may have. They will develop an outlook, acquire knowledge, and learn a method that they will be able to apply to other aspects of their lives.

What Dream Catcher is like:

Help your client understand a few things about the process. It is important that they understand before signing up that this is not a simple process with shortcuts. This is about long-term and permanent growth. They must understand that the notion of development means change. Here are a few things to remind them of:

- There is a significant time commitment. You will meet for between 45 minutes to an hour at least once per week, though twice is better.
- The agreement will last for at least 12 weeks.
- Your client can terminate the coaching agreement anytime they choose to, in writing or in person.
- You may not be the right coach for them. Assure them that if they still want to continue with the process you will commit to helping them get connected with other potential coaching candidates.
- There is no comfort zone in the program. It is going to be challenging for your client as they leave the status quo of their lives behind.
- This is going to be hard work. They will be committing to intense work and practice. For every hour you meet, you are expecting them to put in 8-10 hours of work in their own time.
- The program can be an emotional rollercoaster. There will be times when they cry. Assure them that this is normal but they need to be comfortable with opening up completely.
- Discipline is necessary. The process is about a consistent approach to a process.

Dream Dare Do!

12 Week Coaching Agreement



- They will need to commit to the process of journaling—writing down their thoughts and feelings. This may be new to them, but it is a must for the program.

You will keep all intimate details about the client confidential. However, the coaching process also requires that they seek support from those around them. There will therefore be others who will know about their process and journey towards growth. The client should and will be a part of involving others around them in the process that will have knowledge of their development path.

** Dream Catcher coaches using the recommended www.idreamidare.com program and dashboard will have the resources to orient clients through the simple to use program.*

Dream Dare Do!