

Coaching Agreement Form

This form introduces the transpersonal coaching specialisation that was developed by Jevon Dangeli and compares it to life coaching. Also included is a description of both the coach's and client's responsibilities in the coaching relationship.

What is life coaching?

Life coaching is a partnership that helps clients to achieve fulfilling results in their personal and professional lives. The coach and client work together to develop a program that fits the client's needs, values and visions while helping them to overcome barriers that prevent them from reaching their goals.

A coach is someone who helps you become self empowered, provides unconditional support, identifies your strengths and helps you build upon them. Clients are assisted to find strategies to deal with their unique challenges and creative solutions.

Why hire a life coach?

The coaching process provides people with new perspectives and resourceful attitudes which enable them to deal more effectively with challenges. Coaching may enhance creative thinking, decisiveness and confidence. It promotes effectiveness and productivity while enabling people to elicit values driven goals and compelling strategies for their achievement. Coaches assist individuals and groups to improve performance, interpersonal skills and workplace satisfaction. Coaching cultivates the kind of self motivation that generates success momentum.

What is transpersonal coaching?

Transpersonal coaching includes the methods and objectives of life coaching described above, but it takes a more holistic and integrative approach to nurturing client growth and transformation. This is achieved through individually tailored processes that help clients to identify what provides them with a sense of meaning and purpose, while supporting them to find ways of expressing this in their work, their personal life and within relationships.

Transpersonal coaching draws on the transcendent quality of consciousness in a pragmatic way that empowers people in the contexts of their everyday lives. This can be considered as a bio-psycho-socio-spiritual approach to coaching that helps clients resolve issues concerning the body, mind, relationships and spirituality.

Transpersonal coaching sessions are client centred and typically include suitable applications of the [Transpersonal Coach Model](#), incorporating the use of [Open Awareness](#) skills. Sessions involve eliciting the client's presenting issue and their desired outcome at the outset of each session. This information is used to determine how best to support the client in bringing about their desired outcome in both the short and long term. The primary means of intervention on the part of the transpersonal coach involves holding a *liminal* space (open, receptive and emergent), walking the client through a transformative passage of questioning and expansion, while helping the client to reintegrate new, widened and resourceful perspectives into their lives.

Why hire a transpersonal coach?

The role of the transpersonal coach is to support the client to develop a more expansive sense of self and, in so doing, to help the client access the necessary resources (social, emotional, psychological and spiritual) with the aim to manifest more of their potential. The methods employed by the transpersonal coach include assisting the client to establish *peak experiences*, recognising that such states can bring forward insights that have meaning and practical applications in the area where the client wants to resolve a challenge. Clients learn how to embody their insights and anchor their new perspectives into the relevant contexts of their life.

For an informative article on the difference between conventional coaching and the transpersonal approach, read "[The Evolution of Coaching Psychology](#)".

What coaching is not:

- Coaching is not intended to diagnose, treat or cure any mental health or medical conditions.
- Coaching is not a replacement for psychotherapy or psychological counselling.
- Coaching is not consulting or advising.

Coaching agreement

Coach's responsibilities:

By agreeing to facilitate coaching sessions with the client named below, I, as the coach named below will:

- Maintain high regard for client confidentiality and the privacy of their personal information.
- Avoid any unethical behaviours and abide to the [IACTM Code of Ethics](#).
- Work in a client centred manner at all times during the coaching process.
- Adhere as much as possible to the [IACTM Core Competencies](#).
- Ensure that the client leaves each session in a resourceful and grounded state.
- Show up on the agreed date and time for each coaching session.
- Commit to the coaching arrangement made with the client - in terms of the coach's responsibilities, amount of sessions, the session location and duration - whether verbal or in writing.

Client's responsibilities:

By agreeing to coaching sessions with the coach named below, I, as the client named below will:

- Not engage in coaching without parental permission if I am under 18 years of age.
- Not hold the coach responsible for any negative states that I might experience either during or after the coaching session(s).
- Not hold the coach responsible for any loss, damage or negative consequences that may result from the coaching session(s).
- Avoid any unethical behaviours.
- Show up on the agreed date and time for each coaching session.
- Commit to the coaching arrangement made with the coach - in terms of the client's responsibilities, amount of sessions, the session location and duration - whether verbal or in writing.

Client name:

Coach name:

Date:

Date:

Signature:

Signature:

