

**Life Coaching Commitment**

**As your Life Coach I make the following commitments to you:**

* I will believe in you!
* I will challenge you, but always from a supportive position of service.
* I will be an equal partner in your success journey.
* I will be honest and non-judgmental.
* I will help you get where you want to be faster than on your own.
* I will keep all communication confidential.
* I will offer you an alternative view, when I feel it is needed.
* I will allow you to decide what action steps you commit to between sessions.
* I will be prepared and on time for our scheduled meetings.

Life Coach: Polly Barcol

**In working with me as your Life Coach you are making the following commitments to yourself:**

* To be open and willing to be challenged.
* To be open and honest with yourself.
* To be true to your own principles and values.
* To let me know if anything about our coaching relationship is not working for you.
* To take care of yourself between coaching sessions.
* To be prepared and on time.
* To meet a minimum of six sessions, unless otherwise agreed upon.
* To contribute a suggested donation of $75.00 for each session.

If you are willing to commit to the above, please indicate by signing here and provide a copy to Life Ministries Valdosta, Inc.

Client Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**As iron sharpens iron, so one man sharpens another. – Proverbs 27:17**