

Coaching Guidelines:

Welcome!

I have positive expectations for a coaching relationship with your child that helps him to succeed in his school experience. To partner together professionally, I want you and your child to be familiar with the following guidelines.

Terms of Coaching:

I invite you to think of Coaching as a process. Many people create change for themselves in a short time. However, to refine and sustain the change takes several months. Although not binding, I would ask that you expect our Coaching relationship to last at least 3 months.

Fees:

My Coaching fee is payable to Prep Success Coach. If you pay by credit card, I will go ahead and autocharge you each month that you wish to continue, at the start of the month. There is no commitment beyond month to month, but please give me a few weeks' notice if you think you will be ending our coaching together.

Please note that a "month" may not always correspond to a calendar month, but refers to one set of coaching, that usually takes about a month to complete.

Procedure:

I will call your child or meet with your child at the specified time, unless we make other arrangements. If your child wishes to connect with me in between sessions with a challenge, a success or an inquiry, I will make every attempt to respond to his text or e-mail within 24 hours, with a text, email or short phone call at his discretion. I'm happy to provide this extra level of service at no additional charge.

Changes:

If your child needs to reschedule our appointment, please give me 24 hours notice. If he has an emergency or illness, he can reschedule with less than 24 hours notice. If he does not show up for a scheduled meeting or call, for any reason, and provides no notice (latest notice can be five minutes past scheduled session start time), we will not make up that time. If I need to reschedule, I will give him at least 24 hours notice as well, barring an emergency or illness.

Between Appointments:

Email me any time at joshcordell127@gmail.com, or text me at 541-639-7127 to reach me with ideas, problems, questions, etc.

Problems:

If I ever say or do anything that upsets you or your child or doesn't feel right, please bring it to my attention so that we can resolve it as soon as possible. My objective is to have a coaching relationship that is fully open, honest, real and trusting in our communication styles, both with you and your child. We should all realize that

communication via telephone, text or email entails extra challenges since we cannot see body language, facial expressions, etc. Therefore we give each other plenty of latitude, and promptly ask for clarification if there is a misconnection.

Coaching Agreement

Coach

I agree to serve as your child's Coach/Mentor - to partner with him to identify and achieve his goals.

As your Coach, I cannot guarantee results. Your child will create powerful results by having the courage and determination to forward the action in his life.

During the time we spend together in our coaching sessions, I will devote my time, thoughts, and energy to your child, exclusively. In between our sessions, I may not be instantly available, as I may be attending to others, or myself. I will however, always attempt to be available within 24 hours.

I am a Coach, not a psychotherapist or physician, and I am not trained in diagnosing psychological or medical conditions. If any issues come up for your child that should be handled by a licensed therapist or physician, I insist that your child must attend to his health by contacting the appropriate professional.

As your child's Coach, I will bring attentive listening, understanding, belief in your child and commitment to his success. You can expect me to challenge him, offer fresh perspectives, make requests (including assigning homework), acknowledge his wins, and guarantee utmost confidentiality (to the fullest extent of the law, and so long as I don't fear for his or another's safety) in our trusted relationship.

Client

I am motivated and committed to taking action on my determined personal and athletic goals. I realize that anything less than my intentional full participation will not lead to my success.

I accept full responsibility for myself and any actions I take that might result from Coaching.

I am under the care of a physician and healthy enough to engage in coaching.

I agree to honor my scheduled session times.

I have read and agree with the Coaching Guidelines and the Coaching Agreement.

Parent/Guardian

I can financially afford the Coaching fee at this time. I agree to pay (or be autocharged) promptly by the first of the month for that month's fee. I agree that ultimately, it is my responsibility that my child's coach gets paid for the services he uses.

I have read and agree with the Coaching Guidelines and the Coaching Agreement.

Client

Parent/Guardian

Josh Cordell (Coach)

Josh Cordell • 541-639-7127 • joshcordell127@gmail.com • www.prepsuccesscoach.com

