



COACHING AGREEMENT

COACH toolkit

This agreement is between:

COACH

NAME: _____

TEL. NO. AND EMAIL ADDRESS:

TIMESCALE FOR COACHING:

THE COACH AGREES TO:

- Arrange regular coaching sessions as agreed with the caregiver
- Provide 24 hours' notice to caregiver, if unable to attend an agreed session.
- Establish trust, including active and non-judgemental listening.
- Use the Coach4care guidance pack
- Help the caregiver to identify goals, and help them create actions towards achieving them.
- Stick to coaching. The coach is there to provide supportive coaching to support a caregiver and not to provide counselling, therapy or professional health advice. If the coach feels the content is going beyond their remit, they will discuss with the caregiver how to get the right support.
- Keep all information shared during sessions confidential, unless the content is deemed by the coach to lead to the harm of the caregiver, to harm of others or harm to the organisation sponsoring Coach4care.
- Store any notes in a locked (either digitally locked, or physically locked) confidential space.

THE COACH AND THE CAREGIVER AGREE TO:

- Decide after the first meeting if they feel a coaching relationship will work. If either feels that it will not work after the first meeting, either can terminate the coaching relationship at that point.
- Either party may start a discussion about reviewing and concluding the relationship, at any point they feel it appropriate to do so.

Our signatures on this contract indicate full understanding of, and agreement with, the information above.

SIGNED: COACH _____

DATE: _____

CARER

NAME: _____

TEL. NO. AND EMAIL ADDRESS:

DATE OF FIRST SESSION:

THE CAREGIVER AGREES TO:

- Establish an effective coaching environment, by being open-minded and honest throughout the process.
- Provide 24 hours' notice to the coach, if unable to attend a session.
- Commit to carrying out actions agreed whenever possible.
- Tell the coach if at any time they feel the coaching relationship is not working for them.

SIGNED: CAREGIVER _____

DATE: _____