



COACHING AGREEMENT

This agreement is being made between the Client and the Haraya Coach and outlines the commitments to be made for the duration of this Coaching Agreement as indicated below.

Coaching, as defined by the International Coach Federation (ICF), is partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential. As members of the ICF, we adhere to the competency requirements and Code of Ethics as required in our practice.

At Haraya Coaching we take pride in our coaching approach and ensure the alignment of all our Coaches with our values. We believe in:

Honoring who you are. You have your own unique strengths and abilities, and we work with you to bring out your authenticity.

Going beyond what's there. We acknowledge that every person is whole and has many different aspects in their life, whether personal or professional. We encourage clients to view all these aspects as integrated rather than separate compartments. We focus on both the "being" and the "doing" of a client's life.

Creating with you, not for you. We partner closely with our clients in defining success, gaining deeper awareness of what's most important to them and finding creative ways of moving forward. We also believe that true collaboration entails a strong and equal partnership.

Coaching within your reach. We are certain about the positive impact that coaching can have on people and want to make this more and more accessible to organizations and individuals.

Living what we believe. We expect of our clients as we expect of ourselves. Transformation is a continuing process and we acknowledge that we will be in a better position to help our clients when we are able to help ourselves too.

The Coaching sessions will follow these agreements:



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1. I understand that coaching is a proactive form of life work and that the Coachee has the responsibility to give it power and commitment. The Coachee will bring topics that are meaningful to him/her and will take accountability for actions, while the Coach will hold the process.
2. We understand that for coaching to be most effective, the conversation requires openness, honesty and directness. We understand that the conversation may be uncomfortable at times.
3. The Coach recognizes the sensitive nature of the information shared and will uphold strict Confidentiality. The Coachee understands that basic information may be shared with the International Coach Federation (ICF) to report coaching hours, and that certain topics may be anonymously shared with other coaching professionals for training or consultation purposes.
4. We understand that Confidentiality may not be maintained in case of illegal/criminal activity, respecting a valid court order or where there is imminent/likely risk of danger to self or to others by the Coachee. In those instances, the Coach is obliged to inform appropriate authorities.
5. We understand that the coaching relationship is no way to be construed as giving advice, psychological counseling, therapy or business consultancy. If the Coach or the Coachee feels the need for any of these types of services, it is the Coachee's responsibility to seek these out or design these clearly and separately with their Coach.
6. The Coachee commits to disclosing to the Coach if s/he is currently undergoing therapy or similar processes. If so, the Coachee will agree to advise his/her mental health professional that s/he is working with a coach. The Coachee understands that s/he is fully responsible for his/her physical, emotional and mental wellbeing throughout the coaching relationship, and is aware that s/he may discontinue at any time.
7. We understand that any outcome, decision or action taken because of the coaching session are up to the Coachee and are his/her responsibility and choice. The Coach shall not be held liable or responsible for the impact of those choices.
8. We understand that if sessions need to be re-scheduled, an advanced notice of at least 24 hours must be given. If the Coachee re-schedules in less than this period, the session will be marked as availed. If the Coach re-schedules in less than this period, the Client will be given one additional session at no extra cost. Re-scheduling is subject to availability of both parties.
9. We agree that for professional credentialing purposes the Coach will share basic information with the (ICF) as deemed necessary.