

## **1 YEAR PERSONAL EMPOWERMENT COACHING AGREEMENT**

### **COACHING MODEL: 15 to 20 Minutes Unlimited Laser Coaching Calls**

This Coaching Agreement (hereafter referred to as “The Agreement”) constitutes a contract between **Farookh Sensei**, a John Maxwell and Les Brown Certified Coach, Teacher, Trainer & Speaker (hereafter referred to as “The Coach”) and \_\_\_\_\_ (hereafter referred to as “The Client”).

### **EFFECTIVE DATE**

The Agreement between The Coach, and The Client, above-named, will begin on \_\_\_\_\_

### **DESCRIPTION OF COACHING**

Coaching is partnership (defined as an alliance, not a legal business partnership) between the Coach and the Client in a thought-provoking and creative process that inspires the client to maximize personal and professional potential. It is designed to facilitate the creation/development of personal, professional or business goals and to develop and carry out a strategy/plan for achieving those goals.

### **COACHING RELATIONSHIP**

Coach agrees to maintain the ethics and standards of behaviour. The services provided by The Coach include Coaching on topics decided jointly with the Client. The purpose of coaching is to develop and implement strategies to help the Client reach personally identified goals of enhanced performance and personal satisfaction. Coaching may address specific personal projects, life balance, job performance and satisfaction, or general conditions in The Client's life, business, or profession.

Coaching utilizes personal strategic planning, values clarification, brainstorming, thought-provoking and creative process that inspires the client to maximize personal and professional potential

**Note:** Coaching is not a substitute for any form of medically prescribed or specified services (including psychotherapy, counselling, psychology services, therapy or analysis, except to the extent where the Client has been specifically referred to the Coach by a registered medical practitioner for purposes of the coaching and, whilst doing so, remains under the continuing supervision of that medical practitioner. If The Client desires additional or alternative treatment or therapy, The Coach will provide professional referrals if appropriate.

## SERVICES

The parties agree to engage in a **One Year** coaching program through in-person / internet (Zoom video conferencing) / telephone meetings.

- **Frequency of coaching sessions: unlimited sessions till the expiry date.** The client agrees to take full responsibility to complete the agreed task and update the coach before he/she makes the next booking.
- **Duration of each coaching session: 15 to 20 minutes each.**

## THE COACH RESPONSIBILITIES

The Coach agrees to:

- Provide the Client with professional coaching services to facilitate the achievement **of agreed written goals** ("Coaching") through a series of regular meetings or conversations with The Client ("Session"), based upon the terms set out herein upon the Coach's standard Terms and Conditions.

- Hold all information disclosed in the coaching sessions in confidence.

## **THE CLIENT RESPONSIBILITIES**

Client is solely responsible for creating and implementing his/her own physical, mental and emotional well-being, decisions, choices, actions and results arising out of or resulting from the coaching relationship and his/her coaching calls and interactions with the Coach. As such, the Client agrees that the Coach is not and will not be liable or responsible for any actions or inaction, or for any direct or indirect result of any services provided by the Coach. Client understands coaching is not therapy and does not substitute for therapy if needed, and does not prevent, cure, or treat any mental disorder or medical disease.

Client acknowledges that coaching is a comprehensive process that may involve different areas of his or her life, including work, finances, health, relationships, education and recreation. The Client agrees that deciding how to handle these issues, incorporate coaching principles into those areas and implementing choices is exclusively the Client's responsibility.

The Client agrees to:

- Arrive at each session on time, regardless of whether it is held over the Internet, phone or in person.
- Comply with the Coach's reasonable directions in the conduct of the Coaching.
- Take full responsibility for his/her choices and decisions during coaching.
- Let The Coach know if at any time the coaching is not working as desired and use his/her best efforts in working with The Coach to resolve any issues that may arise.
- Agrees to communicate honestly, be open to feedback and assistance and create the time and energy to participate fully in the program

- Take full responsibility to complete the daily task and update the coach on a regular basis.

## PROCEDURE

The time of the coaching meetings and/or location will be determined by Coach and Client based on a mutually agreed upon time. The Zoom Online link to the coaching is <https://zoom.us/j/9946421919>. If zoom is not available in the country of the client, he/she will initiate the scheduled calls and will call the Coach at the following number for all scheduled meetings **+91-9946421919**. If the Coach will be at any other number for a scheduled call, Client will be notified prior to the scheduled appointment time

## CONFIDENTIALITY

This coaching relationship, as well as all information (documented or verbal) that the Client shares with the Coach as part of this relationship, is bound by the principles of confidentiality set forth in the ICF (International Coaching Federation) Code of Ethics. However, please be aware that the Coach-Client relationship is not considered a legally confidential relationship (like the medical and legal professions) and thus communications are not subject to the protection of any legally recognized privilege. The Coach agrees not to disclose any information pertaining to the Client without the Client's written consent. The Coach will not disclose the Client's name as a reference without the Client's consent.

## INVESTMENT

**Non-Refundable Total Fee:      INR 67000 (US\$ 937)**

## TERMS OF PAYMENT

Payment for Coaching shall be paid in full in one single payment by way of bank transfer.

### OPTION 1

By Cash

### OPTION 2

Bank Transfer to Personal account

Beneficiary	:	Farookh Sensei
Account No.	:	021901075914
IFSC Code	:	ICIC0000219
Branch Code	:	000219
Bank Name	:	ICICI Bank Ltd,
City	:	Tirur, Malappuram District, Kerala 676 101, INDIA

### OPTION 3

Bank Transfer to Corporate account

Beneficiary	:	Farookh Sensei Learning Edge International (P) Ltd.
Account No.	:	021905000752
IFSC Code	:	ICIC0000219
Branch Code	:	000219
Bank Name	:	ICICI Bank Ltd,
City	:	Tirur, Malappuram District, Kerala 676 101, INDIA

## **SESSION CANCELLATION / POSTPONEMENT**

The Client is required to provide The Coach with at least 24 hours-notice of session cancellation or postponement. The intended session will be rescheduled to a later agreed date. If a session is missed due to The Coach cancelling or postponing the session, it will be rescheduled to a later agreed date. The Coach will endeavour to provide the same notice period as requested of The Client.

Should the Client fail to provide the Coach with at least 24 hours-notice of session cancellation or postponement, the intended session will be considered as permanently cancelled and will not be rescheduled.

## **TERMINATION**

This agreement will automatically expire on the **365<sup>th</sup>** day counting from the day of commencement of the Coaching (Effective Date).

The Coach may terminate this Agreement before the **365<sup>th</sup>** day counting from the day of commencement of the Coaching, on written notice to The Client, where the Client fails to perform or observe any of the terms of this Agreement and fails to remedy a breach within 10 calendar days of written notice provided by The Coach concerning the failure.

## **LIMITED LIABILITY**

Except as expressly provided in this Agreement, the Coach makes no guarantees, representations or warranties of any kind or nature, express or implied with respect to the coaching services negotiated, agreed upon and rendered. In no event shall the Coach be liable to the Client for any indirect, consequential or special damages. Notwithstanding any damages that the Client may incur, the Coach's entire liability under this Agreement, and the Client's exclusive remedy, shall be limited to the amount actually paid by the

Client to the Coach under this Agreement for all coaching services rendered through and including the termination date.

### **ENTIRE AGREEMENT**

This document reflects the entire agreement between the Coach and the Client, and reflects a complete understanding of the parties with respect to the subject matter. This Agreement supersedes all prior written and oral representations. The Agreement may not be amended, altered or supplemented except in writing signed by both the Coach and the Client

Name of the Coach : Farookh Sensei

Signature of the Coach :

Date :

Name of the Client :

Signature of the Client :

Date :

Full Address :

Email ID :

Mobile No. :

WhatsApp No. :