Mission Ignition: Win-Win Agreement

Welcome to your personal coaching program. This win-win agreement constitutes your contract with Mission Ignition, Inc. and your commitment to your coaching program. Through this coaching program many people have made powerful changes in their lives by learning, understanding and applying timeless principles of effectiveness. Experience has shown that the following guidelines will set us up for success in your coaching program.

As your coach, I am 100% committed to your success. I will be an open listener and provide honest feedback. I can serve you best when you communicate openly and freely with me about your needs and your progress. You are responsible for ensuring that we are moving in the direction you desire. We will customize the program to meet your specific situation and goals. As we construct your unique plan for success, we will effectively incorporate timeless concepts and principles. Together we will determine realistic assignments and completion dates for them. All weekly correspondence should be sent in 24 hours prior to your scheduled session.

You commit to at least 45 minutes a day to work on your program. Your success is based largely upon how well you accomplish the goals you set. Therefore, you and I will establish reasonable expectations for your progress.

All information exchanged between you and I will be kept confidential. Also, remember that even though our program is based on creating practical changes in behavior, it is not a clinical or therapeutic vehicle for deep-rooted problems.

Our time together spans ___ months. We will have no fewer than ___ sessions. Each session lasts approximately 30 minutes. Our program begins _____, and ends _____. If you need to miss a session please call in advance. Occasionally there are other open time slots in the same week that may be available for rescheduling. If you miss a session without notice that session will not be rescheduled. However, please be sure to contact me as soon as possible so we can discuss your assignments for the next week.

There are no refunds. You commit to moving forward, accomplishing your goals, and seeing your program through to the end.

In summary, this agreement includes:

Your Commitments
- □ Communicate openly with my coach
- □ Devote at least 45 min./day to the program
- □ Complete all weekly exercises and assignments
- □ Make each scheduled coaching session
- □ Complete the entire program

My Commitments
- □ Be fully prepared for each session
- □ Provide insight, guidance, & accountability
- □ Give open and honest feedback
- □ Customize the program to meet your needs
- □ Keep all communication confidential

If these terms are in harmony with your expectations and beliefs about the personal coaching program, please sign, date, and return a copy to me.

_____ _____

Coach **Date** **Client** **Date**