



Resilience * Brilliance * Presence

Presilience Coaching and Evolutionary Leadership

Coach/Client Roles and Relationship

empower * challenge * thrive * evolve

I hope this document will give you a better understanding of our roles and what we can expect from each other. This is not in any sense a legal document but rather an indication of how we hope to work together. Contracting does not just happen once at the beginning of our programme – it is a continuous part of the engagement.

My Role as Coach

- To create a confidential, non-judgemental and safe space or container and to continue to build powerful trust and rapport with you.
- To be prepared for our sessions and fully present during them, attentive and able to engage in deep listening.
- As your “thinking partner” to ask incisive and powerful questions that result in you identifying new ways of thinking, feeling, doing and being.
- To facilitate your learning and develop your awareness, mastery and leadership.
- To both champion and challenge you.
- To communicate openly, sharing and reflecting back observations.
- To be honest and strive to work with integrity; to maintain the highest professional standards.
- To own or be responsible for both time and process.
- To hold the focus of the sessions in line with the goals and objectives we agree at the outset.
- To hold you accountable for your goals and actions.
- To make explicit any observations or issues that are more appropriately and ideally explored by a counsellor or a therapist and to refer you as and where necessary.
- To be available to you for contracted periods of time between sessions.
- To send you comprehensive and Confidential Coaching Notes between sessions.

Your Role as Client

- To engage in a contracting process both prior to and during our coaching programme.
- To understand that the coaching relationship is a co-partnership.
- To keep our sessions without last minute cancellations, unless otherwise unavoidable.
- To come prepared for our sessions and to ensure there are minimal distractions during sessions.
- To commit fully to the process making this one of the best investments you have made for yourself.
- To be committed to spending time in reflection.
- To develop calibrated practices that enhance awareness of self, others and the system.
- To be engaged with the learning and the momentum that coaching will bring.
- To hold an understanding that adult learning is a process and involves change.
- To provide feedback and communicate where or how you wish to do things differently.
- To be accountable to self and for the decisions taken during the coaching process.
- To consider what you wish to get out of each session and communicate what you are taking away at the end of each session.
- To settle invoices within the month and send proof of payment via email.