**Doreen Dilger**

**Women Empowering Women, LLC**

**INTENSIVE COACHING AGREEMENT**

**COACH CONTACT INFORMATION**

Email: doreen@doreendilger.com

Cell: 203.910.0587

Office: 203.441.5751

Fax: 860.945.9268

Mailing address: PO Box 824 Watertown, CT 06795

**CLIENT CONTACT INFORMATION** (I like to mail out motivational cards from time to time)

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Birthdate: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City/St/Zip: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cell \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**CONFIDENTIALITY**:

In keeping with ethical standards of my profession and with my own personal values, I promise that all interactions between us are confidential. This part of the Client Agreement will continue forever; it does not end with the termination of our work together.

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**INTENSIVE COACHING PLAN ~ What to expect**

**1:1 intensive Coaching $695.00 per month**

* Weekly Coaching per week for one hour.
* Weekly Coaching is about accountability, motivational, structured coaching. We will work on what you need to accomplish during the week, look at any mindset issues and create a plan to move forward per your lifestyle.
* No monthly commitment. You can cancel anytime but must give me at least 30 days prior notice. I do recommend that you do plan at least six months of coaching. It takes time and momentum to build a habit and overcome your obstacles. I do have clients who continue to work with me well after 12 months because they love how much more productive and focused they are.
* Each week we will go over your progress and create a specific plan with action items.
* We will work on mindset and overcoming fears, and anything else that you are needing that week. This is the best part of working 1:1 weekly is to get through breakthroughs and create a new pattern.
* As a coaching client you will have access to Doreen via email and text, Monday through Friday 9:00 am to 6:00 pm. We can jump on a call as soon as Doreen is available, but most questions can be answered through texting or emailing. Just so you know – I respond quicker to texting through my personal cell 203-910-0587.
* Appointments will be added to my calendar automatically and you will have a standing appointment for the same time each week.
* A monthly, bi-weekly, or weekly payment will be automatically set up through PayPal. To cancel you must provide me a 30-day notice.
* You will be added to Women Empowering Women Now Elite Circle. My membership where you will have access to monthly classes, videos, checklists, etc.
* This is for serious women who want to live their life on purpose NOW, create a lifestyle they love and be happy.

**CLIENT RESPONSIBILITIES: *If you are ready to take your business to the next level then please do your best to follow the guidelines.***

**1:1 COACHING**

* To makes sure you have a set appointment scheduled with Doreen each week and be consistent with showing up.
* To be on time for your session (in-person, Zoom or phone), be present and turn off any other distractions.
* Keep an open mind, trust the process and do the work. Results are ultimately your responsibility.
* To reach out if you feel overwhelmed, unproductive or not sure why you are not getting things done**. Seriously, text me if you feel you are too much in your head**.

**FEES & PAYMENT ARRANGEMENT:**

Monthly, Bi-Weekly or Weekly Payment Plan: You will be sent a link for you to set up your payment preference. This will be a reoccurring automatic payment.

To cancel you just need to give me 30-day notice.

**MY COMMITMENT TO YOU:**

Your satisfaction and growth are the most important aspects of our relationship. Therefore, I promise to do whatever is necessary to honor you and ensure your complete satisfaction with me as your Business and Life Coach. In order to assist me in fulfilling on that promise, I ask that you let me know at any time how best to serve and support you.

**NATURE OF COACHING RELATIONSHIP -- STATEMENT OF UNDERSTANDING**

By signing this agreement, you are indicating that:

1. You are aware that this is a professional relationship that is focused on business and life coaching.
2. You hereby enter into this coaching relationship with the full understanding that 1) results are not guaranteed, 2) you, the client, are responsible for creating your own results, and 3) you are always “at will” in any actions taken as a result of our coaching interactions.
3. You acknowledge that you are hiring me, Doreen Dilger, Women Empowering Women, LLC., for the purpose of business and life coaching, guidance, advice, strategy and support in the areas of business development, and life fundamentals.
4. You understand and agree that I am not an "Employment Agent", "Business Manager or Consultant", "Financial Advisor", "Psychotherapist", "Doctor" or “Physician”.
5. **The length of this agreement a 6 month; it is a binding agreement. You understand that progress requires specific steps and time is required to implement and affirm new patterns of professional behavior, and habits of success.**

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Your signature below indicates that you have read and agree to all the above which includes 3 pages.

Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_