

Welcome to Finding North Leadership Coaching!

I'm looking forward to walking with you during this season as you enter more fully into the unique plan God has for your life!

Following are a few guidelines we need to establish to make our partnership as productive as possible. If you have any questions, please don't hesitate to call me or clarify.

- Procedure:** Scheduled calls need to be received on time. Please plan for sessions to be roughly 45-60 minutes in length. **It is essential to the success of our coaching relationship that you fill out the 'Prep Form' at least 24 hours before the call** so I can come prepared as your coach. I not only process through, but also pray over the content of these forms. Focus during calls is important, so consider as you think about the best place.
- Calls:** Our agreement includes a set number of scheduled calls. If you or I are unable to keep a regularly scheduled call, we will compare calendars in advance and book another time. The client will call the coach to begin the call. My number is 636.248.7161
- Changes:** **Cancellations need to be made at least 24 hours in advance.** If you had a valid emergency causing you to miss a call, we will work around it. Otherwise missed calls are not made up or refunded.
- Extra time:** You are encouraged to contact me between scheduled calls by email, text, or 'spot calls' (5-10 minutes in length) with questions, struggles, thoughts, praise reports or just to touch base. These contacts are included in your monthly fee. I enjoy delivering this extra level of service and find that those who use it seem to make greater progress
- Fees:** Payment is made by Visa or MasterCard through PayPal or check. I will invoice at the end of each month.
- Problems:** Our relationship needs to be based on absolute honesty with each other. If at any time you are dissatisfied with something, please bring it up! I will work with you to resolve any difficulties.
- Execution:** It is imperative that you apply yourself if coaching is to be successful. Our work will sometimes be very purposeful, goal-directed and dependent on you doing some 'homework.' Other times it will be very broad in scope, requiring time in prayer, reflection and meditation on God's word, His plan for your life, your vision, etc. Either way, **your real growth will come from the work you do in the time between our sessions.** I do not have the answers you are looking for, but I will walk faithfully with you as you seek them from the One who does. Check yourself now on the true measure of your commitment to that kind of pursuit. Make this a pivotal season of your life!

Finding North Leadership Solutions

Coach Brian Bennett

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COACHING AGREEMENT

Our goal is to deliver exceptional coaching in alignment with your expectations.
This agreement helps us communicate effectively to that end.

Name _____ Date _____

Mailing Address

Best Phone _____

Email _____

Please check the terms we have agreed to:

2 Individual client coaching sessions (45-60 min.) per month. Client will send prep forms at least 24 hours in advance of sessions

Client will give 30 days notice of canceling of coaching services

Payment of \$_____ per month will be made via check or credit card based upon 2 coaching sessions.

Client will commit to following through on action steps and prioritizing their own personal/professional growth

As client, I agree to secure the coaching services of FNLS, LLC. I understand that coaching is not psychotherapy and that I am fully responsible for all my decisions. As the client, I commit to honest feedback and communication with my coach to ensure a successful partnership. I understand FNLS cannot guarantee results and that the sponsoring representative or FNLS may cancel the agreement at any time with **30 day notice**.

Client Representative Signature _____ Date _____

FNLS Representative Signature _____ Date _____



COACHING QUESTIONNAIRE

Name _____ Birthday Month & Date _____

Best Phone # _____ Email: _____

1. What is your primary motivation for being coached?

2. What are the top two priorities in which you'd like your coach to help you?

3. What are a few important things your coach should know about you?

4. What would make coaching a success for you?

5. What are key goals you have for the next year personally?

6. What are key goals you have for the next year professionally?

7. When you get to the end of your life and look back, what do you desire most?

8. What gift, talent, ability or strength would you like to be making more of?

9. What name would you give to the most recent season of your life?

10. If you could have more of one thing right now, in life or work, what would it be?

11. What is God saying to you in this season of life?

12. What will be the greatest [internal or external] obstacle you must overcome in order to reach your goals?

COACHING PREP FORM



Your action plan is a tool to identify your actions steps after each coaching session and then update progress and hot topic before the next session.

NAME _____ DATE _____ SESSION _____

ACTION PLAN 1		ACTION PLAN COMPLETED?		
		YES	NO	IN PROGRESS
ACTION PLAN 2		ACTION PLAN COMPLETED?		
		YES	NO	IN PROGRESS
ACTION PLAN 3		ACTION PLAN COMPLETED?		
		YES	NO	IN PROGRESS
ACTION PLAN 4		ACTION PLAN COMPLETED?		
		YES	NO	IN PROGRESS

Greatest Victory since we last spoke:	
Greatest Challenge since we last spoke:	
Upcoming Session Hot Topic:	

LIFE WHEEL ASSESSMENT

Rate your current level of satisfaction with each area of your life represented below from 1-10, with 10 being high in satisfaction. Draw a line across that part of the pie which corresponds to your level of satisfaction. Connect all the lines to get a picture of the wheel of your life. When you look at your life through this tool, what do you notice?

