



Daybreak Solutions
Personal Life Coaching
Accomplish goals and realize dreams

Coaching Agreement

At Daybreak Solutions, we believe our role is: 1) to encourage, support and facilitate your optimum self-actualization, 2) to help you accomplish goals and realize dreams, and 3) to help you be more than you imagined you could be.

We believe that the coaching process is not about giving advice or making decisions for the client. The coaching process is about asking questions, providing information, and giving feedback to help clients make their own choices, develop their skills, and make progress toward their goals. Ultimately, the client must accept responsibility for his/her own actions and decisions. The client will get out of the coaching relationship exactly what he/she is willing to put into it.

Please complete this Agreement and the Client Registration Form and mail them both today! We look forward to working with you!

I, _____ (*please print name*) have selected the (*circle only one*) Standard, Deluxe or Premium coaching package, agreeing to the specific details of this package as outlined in the Coaching Packages section of the web site.

I further agree to send the monthly fee of \$_____ in check or money order, through regular US mail, to Daybreak Solutions, at P.O. Box 278, Long Beach, WA 98631, normally to arrive by the 5th of each coaching month.

Upon receipt of the first month's fees, I will be contacted to schedule my first coaching call session. It is up to me to make subsequent calls, as scheduled each week, on the appropriate days and at the appropriate times.

I understand that the information shared during the coaching calls is strictly confidential, unless I give specific permission to release this information. The only exception being with information authorized and required by law.

I am ready today to start living the life I have always imagined I could have!

Client signature: _____ Date: _____