



## Merlin International Projects Life Skills Mentoring/Coaching Contract

We are embarking on a journey to help improve aspects of your life. Each week, for the next \_\_\_\_\_ weeks, we agree to meet or communicate for 45 minutes, or as needed, per session. The date and time for each session will be mutually agreed. Session 1

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### My commitment to you:

Our communications will remain absolutely and totally confidential.

I will assist you in defining a plan of action to meet your goals.

I will ensure that the purpose and progress of our discussions is maintained.

I will document and provide progress reports to monitor the progress.

I will encourage you to show faith in yourself, and I have high expectations and absolute faith in your abilities and want the very best for you.

I will at all times demonstrate my belief by taking you and your desires seriously, and commit 100% of my energy and commitment to you.

### Your commitment to me:

You will agree to change those aspects of your life, showing courage, determination and fearlessness.

You will continue the processes and the coaching even when it becomes tough, and carry out all actions, challenges and assignments within the agreed timescales.

You will suspend your disbelief when necessary, and choose to adopt a more positive and enthusiastic perspective on life from today onwards.

You agree to move your life forward with absolute commitment and confidence.

You will pay any agreed fee, \_\_\_\_\_ per session, when agreeing the appointment and tasks. This is partly to maintain a commitment on your part.

Agreement between: David Wood, \_\_\_\_\_ mentor/coach,  
dated \_\_\_\_\_ and, Client \_\_\_\_\_  
(signed ->) \_\_\_\_\_ dated \_\_\_\_\_.