

## Virtual Leadership Development Series Coaching Agreement

This Coaching Agreement is designed to ensure a successful coaching engagement and is a personal commitment between my coach and me. I understand that coaching requires an active and collaborative approach. My coach will facilitate our sessions and I will implement the actions that have been mutually agreed to in between each coaching session.

As a participant of the Leadership Development Series, I will receive one-on-one coaching from a Living As A Leader certified leadership coach. Each coaching session will be one-hour and will be held approximately two weeks after each of the 11 eLearning courses in the Series.

I take personal responsibility for the results of my coaching experience and realize that my commitment is essential to my success. I will commit to the following:

- Participate in the coaching sessions with an open mind and a readiness to move forward.
- Demonstrate a willingness to be actively involved and committed to coaching, having a genuine intent to focus on my effectiveness as a leader and be ready to work at creating change as applicable.
- Be open to receive, accept and act on feedback.
- I will have my workbook available to me at the coaching session and will have completed the application activities for the respective eLearning course, as well as any action items assigned by my coach.
- I agree to read one leadership book of my choosing over the 12-month series and will discuss the ideas and concepts of the book with my coach. My coach is also a resource to recommend books that are tailored to my business and personal development.

I understand that the purpose of coaching is to support and reinforce the skills and tools that I learn in the eLearning courses. Further, coaching assists me with specific work-related issues, experiences, and goals that directly affect my development as a leader.

I give my coach permission to be honest, direct, supportive, and to challenge me. I can count on my coach to support my development and growth by asking questions, making observations, gently challenging current beliefs and providing a safe and supportive environment for each of us to speak freely.

Information shared in the coaching sessions is confidential and will not be shared outside the session unless mutually agreed upon. Confidentiality is essential to building the trust needed for an effective relationship between my coach and me. We both agree to a relationship of sincerity, honesty and openness.