



Client Agreement between Client and Vanessa Yu:

We will go over these agreements in our first session together.

Agreements vs Expectations: I understand that I create our coaching relationship around agreements. I will catch the expectations that I have, and if there is something I want different, I will speak up and create an agreement around it. Please check out Steve Chandler on Agreement vs Expectations:
<https://app.box.com/s/8e86836b244bee19323a>

Coachability: I understand that the most powerful coaching happens when I am open to new possibilities. I am willing to explore and reach for things that I currently believe are impossible.

Power: I understand that I bring the power to the coaching relationship. I am responsible for showing up on our calls and in our relationship with powerful questions, content, energy, and engagement. I do not expect my coach to do the work for me.

I understand that I am responsible for my actions, choices, thoughts, and feelings. I am not looking to my coach to be my hero or tell me what to do; it is on me to create the success I want in my life. My coach is here to remind me of how powerful and resourceful I am when I forget.

The Flame Dial: I understand that there is a flame dial in coaching. There is a difference between high-flame coaching and low-flame coaching. I know that I can ask for the coaching to be more high-flame or less high-flame. I also know that sometimes I won't be aware of when it's time for high-flame coaching.

Integrity: When I say I will do something, I do it. I do not expect my coach to hold me accountable. That is a form of giving my power away. Instead, if I do not follow-through, I will own it, and clean it up. I never have to say sorry to my coach.

Authenticity: When I catch myself being inauthentic – I will tell on myself. I understand that saying what my coach wants to hear will dilute the process and the power of our work. If Vanessa ever says or does something that upsets me or just doesn't feel right, I will bring it up with her. She and I will work together on all things like a team. I value truth and honesty and transparency and will make every effort to be authentic.

Response-ability: For any request or challenge that Vanessa has for me, I understand that I can respond with a "Yes" a "No" or "I'd like to renegotiate." That way I can keep my agreement to

Integrity. I understand that Vanessa can have the same three responses to any request I make of her.

Insight vs Time: I understand that the value of my coaching with Vanessa is not about the time we spend together, but about the insights that I have and how I APPLY them to my life.

Commitment: I'm here and I'm all the way in. Even through the hard times. I know that Vanessa is here for me and will support me. If for any reason we need to pause or terminate this coaching agreement, I will schedule a time with Vanessa to talk through the challenges I am experiencing and we will decide how to move forward.

If I need to reschedule a session for any reason, I will give my coach at least 12 hours of notice. Providing the less-than the requested notice, I will be charged for the missed session.

Coach Agreement:

Serving vs Pleasing: I am not here to be your friend. I am here to be much more than that. My commitment is to serve you. I will do that by being honest with compassion, saying what I see, and not holding anything back. I will speak directly while also making sure that you can hear and integrate what I say. I will not be concerned about hurting your feelings as I know that you are a POWERFUL being who can navigate and sift through what is true and not true for you.

Success & Results: These are two promises I WILL NOT make to you. These are completely up to you. I remain unattached to these. Allowing you to maintain that stance will have you create those much faster than if I were to take on those responsibilities myself.

You Are Powerful: I promise to see you and hold you as the powerful human I know you are – no matter what. I would not be working with you if I did not KNOW and was not INSPIRED by that power in you.

Commitment: I am available for quick texts and phone calls in between our sessions, but I do ask you keep the phone call to no more than 20 minutes. If you need more time to talk through any issue, it will be best to schedule an additional coaching session. I am here to support you in between our sessions.

Financial Agreement:

The term of this agreement is for **X one-hour sessions within 12 months** from the start date of coaching, September 2025 and ends September 2026. **A fee of \$20,000 is applicable in this agreement when invoice is received. All sessions must be used by the end of the coaching agreement date.**

If for whatever reason you have unused coaching sessions at the end of our coaching agreement, you may either choose to forfeit them or donate them to my scholarship client fund.

Payment Authorization and Receipt: You may pay using a debit or credit card. You are required to manually pay in full or, if agreed upon beforehand, pay the first payment by the date due on the invoice or your Program will be put on hold until payment is made. You give me permission to automatically charge your credit card or debit card as payment for your Program on the first of each month without any additional authorization. You will receive an electronic receipt. Please note that chargebacks are not permitted, and you are agreeing that upon enrollment and by participating in this Program for any length of time, you will make payment in full unless we have agreed upon a payment plan.

Confidentiality and Ethics:

As your coach, I follow the standards, practices and code of conduct of the International Coach Federation (ICF). I will keep our sessions 100% confidential. You may, at any time, choose to share our coaching relationship and the content of our sessions with whomever you choose.

Recording Consent for Continuing Education and Certification:

As

part of my continuing education and certification requirements, I may need to record one or two of our sessions and submit these recordings to the relevant certification organizations.

Please note that your name and any personal information will not be included in these submissions. You will be informed in advance if a session is to be recorded.

Is this acceptable to you?

Yes _____ No _____

Client Name:

Client Signature:

Date:

Address:

Phone Number: