



Agreement for Coaching Plan

Hi Vasileios,

Thank you for letting me help you on this coaching journey. Before we dive further in, I want to make sure we're both on the same page about how our coaching relationship will work. Below are some key points to help us establish a framework for our collaboration:

Our Goals: Together, we'll define specific goals and objectives for our coaching relationship. We have talked about building your own business and overcoming personal hurdles. The plan aligns with our discussion from our last session, focusing on giving you the structure and guidance you've been looking for.

As your coach, my role is to be the '*kick your butt*' person, and beside that help you focus, become more mindful, and address any anxiety you may be facing.

Our Sessions: We'll typically meet for coaching sessions every other week usually via Zoom. Each session will last for about 45 minutes and will be structured around your goals, challenges, and progress.

Between Sessions: In between our sessions, I may assign you some homework or exercises to help reinforce what we've discussed and keep you moving forward. These tasks are designed to support your growth and progress, so don't hesitate to reach out if you have any questions or need clarification.

Communication: I'm here to support you whenever you need it! Feel free to reach out to me via whatsapp between our scheduled sessions. I'll do my best to respond within 4 hours to non-urgent messages.

Confidentiality: Your privacy and trust are of utmost importance to me. Anything we discuss during our sessions will be kept strictly confidential, unless you give me permission to share it or if required by law.

Payment: The coaching fee is € 1500,-- excl BTW for 12 sessions payable in advance. Let me know if you have any questions or concerns about payment arrangements. Can you make sure that the payment is taken care of before the 3rd session?

If everything looks good to you, please reply to this email with your agreement to proceed. We already planned our 2nd session for next week Tuesday 10 AM CET.

Looking forward to our collaboration!

Warm regards,

Debbie