



## **Trial Coaching Session Terms & Conditions**

Welcome to your trial coaching session with Catalysys!

### **How the Trial Coaching Session Works**

- Find a quiet, private place from which to take part in the coaching session.
- The coaching will take place on the telephone, and at the agreed time you will initiate the session by calling Peter Bernard on +44 (0)1376 521 966.
- The coaching session will last between 40 and 50 minutes.
- If you are late for the coaching session, the time available will be shortened accordingly, and if you or I need to reschedule the session, we agree to give each other at least 48 hours notice.
- We will use your area of coaching focus, as given by you in the online form, as a starting point for the session.

### **Objectives for your trial coaching session**

I have two objectives for your trial coaching session:

- Firstly, I want to give you the opportunity to directly experience coaching so that you will be able to judge if the continuation of the coaching process is right for you.
- Secondly, I would like you to notice that you have made some progress in clarifying or achieving your area of coaching focus.

### **The Trial Coaching Fee**

- At present, the trial coaching session is available *without charge*, and you are under no further obligation to make use of Catalysys coaching.
- You should be aware that in the near future there will be a charge of £50 for the trial coaching session.

### **The Coaching Agreement**

- As the Client, you agree that you are motivated and committed to taking action on your professional and/or personal goals, and that you accept full responsibility for yourself and any actions you take that might result from coaching.
- As the Coach, Peter Bernard agrees to be ready to coach you at the agreed time, and that he will treat the content of all coaching conversations with you as confidential, except as otherwise authorised by you, or as required by law. In addition, if any issues come up for you that should be handled by a health professional, he will insist that you attend to your health by contacting the appropriate professional.