

Coaching Contract

Your willingness to explore working with me as an ADD Coach is an important step forward. Our work together will help you take charge of any number of things, including your school performance, your grades, your relationships with your friends and family, and unstructured free time. I hope I can be a part of the team to help you move ahead.

In our work together, you will learn more about how you think, learn, and get things done. We will figure out your current life goals. Through collaboration, we will identify your individual strengths and develop “work around” strategies to deal with specific challenges. Working collaboratively, our coaching process will help you figure out how to set reasonable expectations for yourself and which strategies are the most effective in helping you achieve your expectations.

With the exception of urgent situations as outlined in my Privacy Policies, our coaching work is confidential. With your consent and knowledge, I will occasionally advise your parents of overall progress, appointment changes and missed appointments. As we work together, it might be helpful for me to consult with other professionals who are on your support team, I am happy to do so once I have proper consent. This involves you and your parents completing a form which I will keep on record.

Appointments and Cancellations

Our initial appointment will likely be about 2 – 2.5 hours long. This meeting can take place at my office or at your house. I know this may sound like a long time, and we can break this up into two sessions if you prefer.

Generally, our work will be organized with specific appointments. If you need to cancel or re-schedule an appointment, I appreciate it at least 24 hour notice. In such circumstances, you can text or send an email to me.

Fees

The “Coaching Plan Fee” is \$450.00 per month. This includes:

- Four (4), 30 minute telephone/face time/skype discussions per month
- Up to three (3) pre-arranged check-ins per week, initiated by me
- Emails or text messages initiated by you
- Additional consultations up to 10 minutes in length, initiated by either you or your parents. Such consultations generally need to be scheduled
- A “Feedback” session with you when services are ended

Payment

Payment is due on the first of each month, payable by credit card. With your parents consent, I find that this system works quite easily when I maintain appropriate credit card information on file.

Ending our Coaching Relationship

I appreciate 2 weeks notification by telephone or email in advance of termination of services. It is my hope that we work together to end our work in a way that creates a smooth transition.

I look forward to our work together.