



Office of Student Life
COACHING AGREEMENT

The Coaching Relationship

A coaching relationship can be a powerful experience, involving the development of new possibilities, new levels of achievement and personal growth. The coaching relationship between the coach and the client is founded upon mutual trust and respect. The central focus of the coaching relationship is the well-being of the client.

Fundamental to a successful coaching experience is learning. The coach supports the client in reaching the desired outcome of the client. The coach supports the client in exploring new ways to view situations, individuals, possibilities, and in developing new approaches, plans, strategies and actions. This innovation involves learning. At times, the learning may be challenging. There may be times when the learning involves new discoveries about the way an individual's own actions play a part in situations the individual wishes to change. This type of self-discovery can at times be uncomfortable.

We hold all coaching conversations as private and will not voluntarily divulge information about a coaching relationship so long as the safety and wellbeing of the student is intact, and behavior complies with the Johns Hopkins Bloomberg School of Public Health (JHSPH) Code of Conduct. Our standards of behavior toward our students of respect and privacy will also be adhered to as per the JHSPH Code of Conduct.

The Coaching Arrangement

Coaching sessions are 60 minutes in length. The sessions will be conducted at pre-scheduled times, unless otherwise agreed upon by both parties. The number of sessions can be determined by the coach and client and can be modified at any time. Sessions may be supplemented by emails as needed until the final session is complete. Students and trainees are eligible for Student Life Coaching so long as they are enrolled in a JHSPH degree-granting program.

The Coaching Agreement

I understand that coaching is not therapy nor is the coach qualified to give legal or financial advice. I take full responsibility for all actions I take as a result of coaching and neither any employee of the Johns Hopkins Bloomberg School of Public Health's Office of Student Life can be held responsible for any action taken or not taken as a result of coaching. I also agree to the following:

- I agree to be fully present and on time for all coaching conversations.
- I realize that I am completely responsible for my own growth and learning.
- I realize that there may be times in the coaching process where I may confront realizations that may be uncomfortable.
- I realize I need not discuss anything I am not comfortable discussing.
- I realize that I am responsible for my own actions and inactions.

- I realize that my coaching relationship is a resource, and that it is up to me to fully utilize this resource.
- I agree to communicate any concerns I have about the nature of my coaching relationship, my experience of the coaching relationship or any particular interactions with the coach.
- I agree to give at least 24 hours' notice if I need to change or cancel a session.
- I realize I may end the coaching relationship at any time.
- I recognize that counseling services are available to me through the Johns Hopkins Student Assistance Program (JHSAP) to discuss topics which my coach may be unable to address.

My electronic signature acknowledges that I have read, understand, and commit to the Office of Student Life Coaching Agreement.