



# COACHING — AGREEMENT —

By Igomene Joseph

To my client: Please review, adjust, sign where indicated, and return to me via email:  
[angerwarriors@gmail.com](mailto:angerwarriors@gmail.com)

Website: <https://angerwarriors.wixsite.com/fpsit>

NAME: \_\_\_\_\_

INITIAL TERM: \_\_\_\_\_ MONTHS, FROM \_\_\_\_\_ TO \_\_\_\_\_

FEE: \$ \_\_\_\_\_ FOR THE PROJECT

SESSION DAY: \_\_\_\_\_ SESSION TIME: \_\_\_\_\_

NUMBER OF SESSIONS PER MONTH: \_\_\_\_\_

DURATION: \_\_\_\_\_ (length of scheduled session)

REFERRED BY: \_\_\_\_\_

## OUR AGREEMENTS



### 1. EXPRESSING FEELINGS

I understand that expressing my feelings honestly and respectfully is essential for meaningful communication and progress. I commit to sharing my thoughts and emotions openly, even when it feels uncomfortable, while honoring the feelings of others.



### 2. ACCOUNTABILITY WITH OUR WORDS

I understand that my words have power and impact. I commit to using respectful, solution-focused language and taking full responsibility for what I say. I will avoid blame, criticism, insults and "you-statements" and instead communicate in a way that builds understanding and connection.



### 3. OWNERSHIP FOR MY ROLE IN THE STRUGGLE

I understand that I am 100% responsible for my role in every struggle or conflict. I commit to being honest with myself, taking ownership of my actions, and focusing on solutions rather than blame. I recognize that growth begins when I stop pointing fingers and start taking responsibility.



### 4. COMMITMENT TO GROWTH

I am committed to showing up with an open mind and a willingness to learn. I will actively participate in the coaching process and apply what I learn to create positive change in my life and relationships.

WATCH THE FPS  
VIDEO PRESENTATION



SCAN ME



#### COACHING, NOT THERAPY

FPS Coaching is an educational and communication-based coaching service. It is not psychotherapy, counseling, diagnosis, or treatment for any mental health condition. Clients experiencing mental health crises should seek appropriate professional services.



#### CONFIDENTIALITY

Information shared during coaching sessions will remain confidential except where disclosure is required by law.



#### CANCELLATION POLICY

Sessions canceled with less than 24 hours notice may be forfeited or rescheduled at the coach's discretion.

I have read and agree to the above.

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Coach Signature: \_\_\_\_\_ Date: \_\_\_\_\_