

## **Teen Agreement: My Pledge to My Coach**

1. I come freely with a desire and intention to enter into a coaching relationship.
2. I honor privacy. I understand that my coach will hold everything I say in confidence unless: my coach suspects I am going to do harm to myself or someone else, or someone may be harming me. I know my coach is required to report such things, the same as all school staff.
3. I want to feel safe. I do not want to be judged, criticized, embarrassed, or hurt.
4. I understand the need for consistency. I plan to be present weekly for every scheduled meeting. If I cannot attend a meeting, I will contact my coach 24-48 hours in advance. If an emergency arises and I must cancel an appointment, I will contact my coach.
5. My needs are important. When I need to share, I will speak up.
6. I want my coach to listen with care and allow my feelings and issues to be heard without being judged.
7. I understand that coaching is about me exploring possibilities. My coach is not there to provide answers or to give me advice.
8. I understand that my coach is here to support me in setting goals and to hold me accountable to the plans I make and the goals I set.
9. I will fully receive acknowledgement and support.
10. I do not want to be changed. I want to be seen and accepted for who I am and the dreams I have. I want my coach to assist and support me in having my life just the way I want it.
11. I will be fully present. I will not be distracted by cellular or electronic devices.
12. My coach and I will only meet during school hours or immediately before or after school, and always on the school campus in designated areas. We will not meet on school holidays or during school breaks.
13. I understand that my coach has a duty to report any concerns about my safety and well-being to the appropriate authorities.

Signed \_\_\_\_\_ Date \_\_\_\_\_