

TEREZA BANSKY COACHING

Professional Co-Active Coach

Welcome to Coaching! This is a wonderful gift to give yourself. I am truly looking forward to partnering with you to meet your heart-felt desires and create the changes in your life that you want.

THE COACHING PARTNERSHIP AGREEMENT

I work with people who are ready to make changes in order to have the kind of life that is fulfilling for them. They are people who can accept contributions from others - that is, they can receive information and take it in to add to the quality of their life. I work with people who get blocked, stuck, and blinded from time to time, yet are committed to moving forward responsibly. I work with people who are interested in examining their limiting beliefs, taking ownership for their actions, thoughts, and designing a way to live that more fully expresses their passion and their unique gifts. I work with clients to maintain personal well-being and balance in their lives.

Many of us want to have "a better life than this", but it only lives in our imagination until we commit to having it. Action is the only way that can let this "better life" to happen, and only you can take the action. Even the smallest change can make the biggest difference.

THE COACHING RELATIONSHIP is a *partnership of two equals*. My relationship with you is based on a solid belief that you are a smart, capable, mature person who wants support in clarifying, articulating and achieving your desires. You are not in this relationship to be "fixed" or to have me diagnose and cure something that's wrong with you. We are in this relationship to identify what you want in life and explore everything that is possible for you.

My Role

- ◆ I will be on time for the calls.
- ◆ I will keep ALL of our conversations private and confidential, including your identity as my client. On the other hand, if you wish to share anything from our coaching sessions with others, you are free to do so.
- ◆ I will hold your agenda and goals first and foremost. I'm ready to listen. Tell me everything.
- ◆ This is your life. Nothing is unimportant. It is not my role to judge or be critical of who you are or what you want.
- ◆ I will offer my intuition.
- ◆ I will ask provocative questions. I know the inner wisdom of my clients will provide the answers they need in order to take the next step. I ask introspective questions about beliefs and ways of being in order to open to the greater possibilities.
- ◆ I will provide support by reminding you of your strength, power, abilities, wholeness, and what is important to you, even when you get momentarily blinded with fear or lose the thread of your direction.
- ◆ I will make requests and challenge you to be and do more than you think you can in order to help you achieve your desires. These challenges may be fun, exhilarating, or uncomfortable at times. It's always up to you what you choose to commit to do.
- ◆ I will provide information, education and direct advice from my own professional, coaching and life experience, only when asked for.

Your Role:

- ◆ To come prepared to share a win and some progress, and to have a focus for the call. Sometimes you may need to clear energy or feelings first, so claim space to do that: "I just need to clear for two minutes before we begin." You lead the call. It is your life and your business.
- ◆ To tell the whole truth, even if it is unpleasant. If something is not working in the coaching relationship, you have a responsibility to speak up as soon as you are aware of it. This will keep the trust level high and the energy flowing. The same is true for what works for you; share that too. Always be clear about what you want or don't want from me as your coach.
- ◆ To make no excuses without acknowledging them as excuses.
- ◆ To take a leap, to stretch, to do something uncomfortable in order to grow.
- ◆ To respond to any challenge or request with "Yes", "No", or " No, but I am willing to ..."
- ◆ To keep your commitments to yourself and to your coach.
- ◆ To say what you will do for your homework during the week in order to see results in achieving your goals.
- ◆ To do your work. Coaching works when you work. It is your life and your actions that make coaching successful for you. You are responsible for the results of coaching.
- ◆ To keep all agreed upon appointments and to be on time to the calls.
- ◆ To re-schedule calls, if necessary, at least 48 hours in advance. Otherwise, you will still be billed for that call.
- ◆ To make complete payments on time.

I have read and understand and agree to the terms of the Coaching Partnership Agreement and I am committed to upholding them for myself.

Signed: __

LOGISTICAL INFORMATION

Here is how you can contact me: tereza.bansky@gmail.com or +420 724 811 476

Scheduling session via my opened Koalendar: <https://koalendar.com/e/meet-with-tereza-bansky>

Note: If you are unable to keep a session, I need 48 hours notification and a re-schedule time via Koalendar or you will be charged for the session.