



FaB 2010 Group Coaching Agreement

Please print, read and complete two copies of this document as indicated, ensuring that you sign both copies. Keep one for your records and then send the other to me:

Amanda Alexander, 5 Orchard Way, Kelsall, Cheshire, CW6 0NY.

Name	
Address	
Email address	
Telephone Number	
Mobile Number	
Date of Birth	
Occupation	

About the FaB 2010 programme

- ❖ I understand that I will have access to the complete series of 6 webinars and 6 coaching calls from February to July, both live and recorded for me to download and listen again whenever I choose.
- ❖ The webinars will take place on the following Mondays at 8.15pm and each one will last approximately 60 minutes:
 - February - 8th
 - March - 8th
 - April - 12th
 - May - 10th
 - June - 7th
 - July - 5th
- ❖ The group coaching calls will take place on the following Mondays at 8.15pm and each one will last approximately 60 minutes:
 - February - 22nd
 - March - 22nd
 - April - 26th
 - May - 24th
 - June - 21st
 - July - 12th



- ❖ Action Accelerator Days will take place on two Saturdays and two Thursdays, provisionally scheduled as follows:
 - Thursday 4th March
 - Saturday 17th April
 - Thursday 20th May
 - Saturday 26th June

- ❖ The Strategic You Retreat Day is pencilled in for Saturday 8th May from 9am to 4pm.
The venue is Manley Mere. See www.manleymere.co.uk for details
Manley Mere Sail Sports, Manley Lane, Manley, Frodsham,
WA6 0PE

- ❖ The group coaching calls will take place using a conference line facility, using an 0844 (local UK rate) telephone number that can also be accessed by participants outside of the UK. Please refer to www.conferencegenie.co.uk for a full list of the cost of calls. From the UK, our evening and weekend calls will be 1.7p per minute.

- ❖ Webinars will cost nothing to access, providing I have a broadband facility. I will also have the option to dial into the webinars using a normal telephone, should I wish. (Note - It's worth having a phone handy as a back up, as sometimes Voice over IP (voip) calls are not as good quality as landline calls. For our webinars, ideally you should be in front of a PC or laptop).

- ❖ I understand that each of the group coaching calls and webinars will be recorded and transcribed and may be used as the basis of a book or an information product in the future. By participating in FaB 2010 I understand however, that only first names will be divulged during the calls. I acknowledge this and give permission for the recording and subsequent use of the group calls.

- ❖ All exercises, resources and tips will be placed in a private FaB Members' Area on the Coaching Mums website, where I can download and save them. These materials are solely for my own use and may not be copied, reproduced or shared in any way that infringes copywrite.

- ❖ I will come to the calls with a "willing to play" mindset. By making this commitment to be open minded and willing to explore new possibilities for my life as a working mother, I understand that I will gain much more from the coaching programme.

- ❖ I am aware that coaching is no way to be construed as psychological counselling or therapy of any type. Whilst I have a guarantee on this programme to have a set of techniques and tips to help me get more fulfilment and balance, I accept that the nature of coaching is that I enter into coaching with the full understanding that I



am responsible for creating my own results.

- ❖ Notwithstanding this, I understand that I'm purchasing the programme at no risk, because it comes with a money-back guarantee as follows: If I attend all the calls and complete my fieldwork and I don't feel that I have increased my awareness or learnt a set of techniques to help me feel more fulfilled in my life, I will let you know within the first month of FaB commencing and I will receive a refund of the programme fees that I have paid.
- ❖ The coach – Amanda Alexander - will engage in direct and personal conversations. I can count on the coach to be honest and straightforward in asking questions and making requests.
- ❖ I agree to attend calls and webinars promptly from a quiet place where I am unlikely to be disturbed. I will not call from a mobile, Skype or other Voice over IP phone during our group coaching calls (the 2nd of our calls each month), as this reduces the call quality for me and others on the call. I will have pen and paper to hand to take notes.
- ❖ In the unlikely event of the coach (Amanda Alexander), not being available due to unforeseen circumstances such as illness or family emergency, she will do everything in her power to ensure that the programme continues smoothly, either by appointing a temporary replacement, or rescheduling calls with the mutual agreement of the participants.

Our signatures on this agreement indicate full understanding of and agreement with the information outlined above.

Client: _____ Date: _____

Amanda Alexander

Coach:

Date: 18th February 2010