

Chronic Care Coaching Contract

Coach Name: Beth Frackleton

As your Chronic Care coach, my role is to help you improve your wellness, and the ability and to maintain a higher level of wellness. Through a coaching inquiry, I will encourage you to identify your wellness vision, motivators, obstacles, and strategies to overcome your obstacles, and commit to improving your wellness.

- I will listen to you attentively and without judgment or my own agenda.
- Where possible, I will ask questions and encourage you to arrive at your own answers.
- I will encourage realistic expectations and goals.
- I will be direct and firm with feedback when needed.
- I will help identify creative solutions to get around roadblocks.
- I will provide advice and instruction for engineering wellness activities into your busy life.
- I will be punctual and responsive.
- I will recognize early whether the chemistry with you is good or not optimal, and if not optimal, refer you to another coach.
- I will acknowledge when you have an issue that is outside my scope of knowledge and skill and recommend other avenues.

Client Name: _____

- I want to improve my level of wellness.
- I believe that a higher level of wellness will bring me powerful benefits that are very important to me.
- I am ready to take responsibility to make and sustain changes in at least one area of wellness.
- I am ready to invest in the time needed to make improvements.
- I will be open and honest, and I will share personal information that is relevant to wellness
- I am ready to become more self-aware.
- I am open to suggestions and trying new things
- I understand that setbacks are normal on the path of change and necessary in order to establish new behaviors.
- I will be punctual and responsive.
- I will ask for the support, feedback or resources I need from my coach.
- I will let my coach know as soon as possible if a problem or issue is developing that could seriously alter the contract.

X

Beth Frackleton, RN, BSN, M.Ed., NBC-HWC
Health and Wellness Coach

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Chronic Care Coaching Client