

Coaching covenant

Fill this in session one. Keep a copy. If it's not in writing, it's a mood. Both people sign before you leave the hour.

Coach _____

Agent _____

Start date _____

Weekly day / time (the agent calls) _____

90-day finish date _____

We agree to this (check each one out loud)

- ☐ I will show up on time, undistracted. Door closed. Phone face down.
- ☐ The agent calls. The coach does not chase the hour.
- ☐ Reschedule with 24 hours' notice. Ghosting is not "life happened."
- ☐ Two no-shows without a real reason, and we end this kind and clear.
- ☐ The agent brings last week's numbers. The coach does not hunt them down.
- ☐ The coach asks questions and follows through. The coach does not do the prospecting.
- ☐ We tell the truth in the room. No performing. No fake good weeks.
- ☐ If the work is not happening, we name it by week 4 — not by week 11.
- ☐ They own the call. The coach owns the questions and the follow-through.

The one sentence why we're doing this

Anything that's off-limits in the hour (optional)

Agent signature / date _____

Coach signature / date _____

How we run the hour: they call · undistracted · 24-hour reschedule · don't ghost · 30 minutes (45 the first time) · end with what / when / who.