

Coaching Group Ground Rules

In order to maximize the effectiveness and enjoyment of my participation in the coaching group I agree to the following ground rules:

- I will maintain complete confidentiality about anything that another participant shares during the coaching group.
- I will arrive at the coaching group on time and be ready to begin at the designated start time.
- I will make my participation in the coaching group a high priority as I realize that I will only get out of this group what I put into it.
- I will be fully present for each group coaching session and will not multi-task or allow myself to get distracted.
- I will turn off my cell phone during group coaching sessions.
- I will treat other participants with respect and courtesy.
- I will use clear and concise language when sharing and will avoid unnecessary story-telling.
- I will bring as much positive energy to the coaching session as possible.
- If I am unable to honor any of these ground rules I will contact my coach as soon as possible to discuss.

Your Name: _____

Date: _____