Our coaching agreement

A warm welcome to coaching.

Coaching offers time to pause, be heard and explore what matters. My aim is to help your child recognise their strengths, grow in confidence and take meaningful steps towards goals that feel right for them. This agreement sets out how we can make that experience supportive, enjoyable and useful.

My passion lies in helping young people discover what they are capable of. Drawing on my background in education, languages and coaching psychology, I bring curiosity, warmth and respect for each young person's experiences and individuality.

What coaching can help your child explore

Our work is shaped around your child, their interests and what they would like to change. Depending on their goals, we might focus on:

- **Confidence and self-belief.** Recognising strengths, finding their voice and developing a kinder, more encouraging way of talking to themselves.
- **Motivation and direction.** Understanding what matters to them and turning a bigger goal into manageable next steps.
- **Resilience and independence.** Exploring ways to respond to setbacks, make choices and keep going when something feels difficult.
- **Relationships and everyday wellbeing.** Communicating needs, considering different perspectives and building habits that support school and life beyond it.

My commitment to you

I will listen without judgement, with an open mind and a genuine interest in understanding your child. We will explore possibilities together, notice progress and adjust our approach as we learn what works best.

At times, I may invite your child to question an assumption or consider a different perspective, always sensitively and with their permission. I welcome honest feedback and will adapt the pace and activities to their age, needs and comfort.

Your child need not arrive with perfect answers.

A little curiosity is a very good place to start.

Working together

Your child's voice at the centre

Coaching is a partnership in which your child has an active voice. They are encouraged to bring their own questions, hopes and concerns, and to help choose what we focus on. Their willingness to take part matters: they can ask questions, say when something does not feel helpful and tell me if they need a pause.

Between sessions, small agreed actions can help bring ideas to life. We will approach these as opportunities to learn, rather than tests to pass. When something proves difficult, we can explore it together and find a more useful next step.

How parents can help

Your encouragement is a valuable part of the process. Helping your child attend regularly, providing a quiet space for online sessions and showing interest without pressure can support their progress. Please share anything that would help me work thoughtfully with them, including access needs or relevant wellbeing concerns.

We will agree how to keep you involved. I will normally share broad themes, goals, progress and practical ways to offer support at home, while asking your child's permission before sharing personal details. We can review these arrangements together at any time.

A space built on trust

Your child should feel able to speak openly. I treat our conversations with care and discretion, and keep brief, secure notes to help us build on our work. Contact details are used to arrange and deliver coaching; my privacy information explains how records are stored, how long they are kept and your data rights.

Looking after safety is part of that trust. If I believe your child or someone else may be at risk of harm, or the law requires it, I may need to share relevant information with an appropriate adult, professional or service. Where safe and appropriate, I will explain what I am sharing and why. If the concern involves a parent or guardian, I may seek safeguarding advice before contacting them.

Support that fits

Coaching focuses on personal development and practical steps forward. Progress will be individual, so a particular outcome cannot be guaranteed. If counselling, psychotherapy or medical care would be more appropriate, I will discuss this sensitively with you; coaching does not replace these services.

Between sessions, email or Business WhatsApp can be used for scheduling and brief practical follow-up. These channels are not monitored for emergencies; urgent concerns need local emergency or health services.

Our practical arrangements

I offer online coaching in English for young people aged 11–19. Our 15–20 minute introductory conversation helps us get to know each other and decide whether coaching feels like a good fit. We then agree the sessions below and can review the programme at any time.

Young person and age _____

Parent or guardian _____

Our initial coaching focus _____

Session length and frequency _____

First session and online platform _____

Agreed fee and currency _____

Individual sessions are €85 or £75, in the currency we agree. I will confirm payment timing and invoicing before the first paid session. Any additional sessions or charges will be agreed with you first.

If plans change

Please email at least 48 hours ahead if you need to move a session; I will give the same notice where possible. We will rearrange sessions affected by illness or emergencies in good faith. With less than 48 hours' notice, the agreed session fee may apply unless we agree otherwise.

Either of us can end coaching by email. Payment remains due for sessions already delivered and any applicable late-cancellation charges. Any payment for undelivered sessions will be refunded.

Keeping in touch

Parent or guardian email and phone _____

Emergency contact and phone _____

Our shared agreement

By signing, we agree to work together as described here. The parent or guardian confirms that they have authority to arrange coaching, and the young person confirms that they understand the arrangement and wish to take part. We will each receive a copy.

Parent or guardian signature and date _____

Young person signature and date _____

Trevor Hunt signature and date _____

I very much look forward to working with you. Trevor

Trevor Hunt | Coaching for your Child
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