



Rules of the Road

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Coaching & Consulting Services Agreement

Operating Agreements

Welcome! These agreements are here to help you get the most out of your experience in this program and support your growth in every area of your life. By joining this program, you're agreeing to honor these guidelines. If someone is not able to follow them, we'll address it together — and ongoing issues may lead to being asked to leave the program.

Here's What We're Asking of You:

Show Up Fully

- Be present, engaged, and ready to participate.
- Keep your camera on (unless it's briefly off to avoid distraction).
- Give it your best effort—the more you put in, the more you'll take away.

Be Curious and Create Your Own Value

- The biggest growth happens when you take initiative.
- Don't wait for answers—ask questions, explore, and stay curious.
- You're responsible for your own experience. This is your time.

Contribute to the Group if You Engage in Group Services

- Use your voice and energy to support the program and your fellow participants.
- Avoid anything that takes energy away from the group's progress.

Be On Time

- Please note if being on time is an issue for you and use lateness as an opportunity to examine the issues, learn, and grow.
- In groups, everyone's time and investment matter. Let's respect each other by starting and ending on time.

Take Ownership of Your Reactions

- If something stirs up emotion, pause and check in with yourself.
- Notice what you're feeling and take responsibility for your experience.
- Reach out to a coach, leader, or assistant if you need support.

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What We're Asking of You (cont'd):

No Side Conversations

- Keep your attention on the group and the moment. Private chats or discussions outside the group setting take away from the shared experience.

No Advice or Disagreeing

- Instead of giving advice, ask open questions.
- Instead of saying, "I disagree," try "Can you help me understand what you mean?"
- We grow more by staying curious than by trying to be right.

Keep a Beginner's Mind

- No matter how much you know, come with a fresh perspective.
- This space isn't about teaching others—it's about exploring your own learning edge.

Speak From Your Own Experience

- Share your own story, your own insights.
- Avoid generalizations or talking about other people.

Tell the Truth

- You're always welcome to pass, but we invite you to be open and honest.
- The more real you are, the more powerful your experience will be.

Ask When You Don't Understand

- If something doesn't make sense, ask. Curiosity opens the door to insight.
- Keep an open heart and mind.

Be Self-Focused

- Your greatest contribution to others is not your knowledge but your example of learning and growing.
- The more you make this about you, the more growth you'll experience.
- Dive in. Apply the tools. Use this space for your own breakthroughs.

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What We're Asking of You (cont'd):

Be Coachable

- Stay open to feedback and new perspectives.
- You don't need to agree—just be open to trying something different.
- Note feelings underneath tendencies to agree or disagree—neither position is conducive to learning and growing.

Keep It Confidential

- What's shared in the group stays in the group.
- Talk about your own experience, not others'.

No Business Deals Within Cohorts or Groups

- Keep leaders apprised of any business or financial dealing so all can be aware of non-growth-oriented dynamics.
- Please don't initiate business or money-related conversations with fellow participants during the program.
- Referrals and existing relationships are fine—just save business for after the program.

Stay Substance-Free

- To be fully present, avoid alcohol and mood-altering substances for 24 hours before and during the training.

No Recording

- Don't record the program in any way. If you want to share a group photo, please ask for permission first.

One Person Per Screen (except in obvious situations like couples' or family training and coaching)

- Everyone must be registered and participating on their own device, in a private space if possible. Use headphones if others are nearby.

These agreements are here to create a respectful, powerful, and growth-centered environment for everyone involved. Thank you for honoring them—and showing up for yourself and the group.