

# RESULTS COACHING

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## Rules of the Game:

The below guidelines are your responsibility to read and ensure that you and your coach are aligned on the process, requirements and format of your sessions.

1. The relationship you have with your Tony Robbins Results Coach is a partnership. Your Results Coach is an outstanding professional, whose sole focus is to empower you to attain the results you desire. In order to achieve the results you deserve, you must do your part by following through on the commitments you make. These commitments include showing up for every scheduled coaching session and completing any action items that you have committed to between sessions.
2. The company has a 24-hour cancellation policy. Much like a doctor's or dentist's office, if you reschedule more than 24 hours in advance, everything proceeds as normal. If you need to reschedule less than 24 hours in advance, the call will be considered a completed session and will be counted towards your coaching plan.
3. Per your contract, your coaching sessions are up to 30 minutes in length. To utilize your coaching to the fullest extent, make sure you will answer your phone when your coach calls you at the designated session time. Your coach will call you on time. If you don't answer and call back within the time of your appointment, your session will still conclude at the original session completion time and will count as a completed session towards your plan.
4. When conducting a coaching call, ensure you are doing it from an environment in which you will be able to totally concentrate and focus (free from interruptions). It is also important that you will have privacy (so you don't have to worry about anyone overhearing your conversation). It is imperative you say whatever you need to say (i.e., speak your truth).
5. Coaching is not therapy and you will not be doing any therapy as part of the coaching program. We define therapy as dealing with the past. Our focus in your coaching is on getting results in both the present and in the future.

### Preparing for Your First Call:

1. Complete the on-line assessments. The coach will automatically receive a copy of the assessment results as soon as you complete them (you will get a copy of them via e-mail as well). Be sure you review the results, as they will be helpful tools throughout your coaching program.
2. Complete the Coaching Questionnaire. You will need to e-mail the completed questionnaire to your coach at the e-mail contained in the welcome letter.