

# Participant Partnership

## To Establish the Environment for Vulnerability

Vulnerability comes into existence by building trust in the way of humility, creating transparency, respecting every individual, and being fully present.

Therefore, as I model humility, I do hereby promise to do the following to improve my vulnerability and to create a successful coaching partnership:

1. I will not judge where you were yesterday, today, or tomorrow.
2. I will make every effort to overcome my own thoughts to make this about you by listening first and being curious.
3. I will make every effort daily to spend time to reflect how my words and actions can have an impact that may not match my intention.
4. I will make every effort to express my ideas and feelings openly and not fear the rejection, frustration, confusion, or laughter of others.
5. I will return to my 5-year-old mindset who believed in the magic of the world.
6. I will trust the process.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Coach: \_\_\_\_\_ Date: \_\_\_\_\_