

Commitment Form

Peer Coach Training walks you through the process of developing a committed, accountable relationship with a peer using the coaching approach, for the purpose of growing in Christ. You will start by getting to know each other and learning the basics of coaching. Gradually, you will build an ongoing peer partnership where you meet weekly for support and accountability for your personal growth goals.

Expectations

Every large group session in the program involves you and your peer working together. Since your peer's experience depends on you (if you drop out or don't show up your peer is stuck without a partner), it is imperative that you make a serious commitment before you begin. Before making a commitment to join in, please think through whether you can reasonably set aside the time and energy both for the training program and to maintain an ongoing peer relationship after it is over.

Here is exactly what you are committing to:

Peer Coach Training:

- Group sessions (check the option that your group is doing)
 - Orientation + eight weekly one-hour sessions
 - Workshop + five weekly one-hour sessions
- Weekly Action Steps: 30 to 45 minutes per week on my own during the training
- Purchasing a *Peer Coach Training Workbook*

Your Ongoing Peer Coaching Relationship

- Consistently meeting weekly or bi-weekly with your peer for 45 minute sessions
- Choosing a personal growth goal you want to work on with your peer, and taking action on it each week
- Supporting your peer in his or her growth goal

I Agree...

"I understand what is expected of me and am ready to make a wholehearted commitment to the peer coaching process. I will make every effort to come to all the sessions (except for illness and emergencies), keep up with the action steps and establish an ongoing peer coaching relationship after the training is over."

Name

Date

Group

