

COACHING AGREEMENT

Life & Business Coaching

I coach my clients by utilizing questionnaire information, reflective and deep listening, strategic and powerful questions, tools to overcome obstacles to success, identification of your internal and external resources, development of effective self-care, jointly developed homework, and clarification of your values, goals, and overall vision for your personal or business life. A key aspect of the coaching relationship is developing effective actions steps to move you toward your goals. Although there are no guarantees on the outcomes from coaching, most people report significant progress on their objectives.

Coaching is not therapy or counseling. However, it may address specific personal projects or situations, business successes/difficulties, or general conditions in your life or profession. Although mostly supportive, it can also be challenging. Even though I am trained in psychotherapy, I do not engage in the practice of psychotherapy with my coaching clients. If issues arise that are best dealt with in a psychotherapy context, I will refer you to an appropriately licensed therapist. Upon entering into the coaching relationship, and signing this agreement, you are agreeing that if any mental health difficulties arise during our coaching relationship, you will notify me immediately, so I may provide you with appropriate referrals.

Payment & Sessions

My fee is \$145 per session. Payment needs to be received before the start of the session. Any services provided outside of our session time will be billed at an hourly rate and will be discussed with you ahead of time. Monthly plans are also available for a certain number of coaching appointments per month, which will decrease your number of payments.

Personal life coaching sessions are 45-50 minutes and business/executive/consulting sessions are 30 minutes. If you are late, we still will need to end on time to not run over into the next person's session. If I am late, you will still be given the standard amount of time for the session at that time or at a later date. We will agree on a standard time for our sessions. Once a session time is established, it will be reserved for you. If you are unable to keep an appointment, please notify me by phone immediately. **Please call to cancel or reschedule your appointment with at least 24 hours notice, otherwise you will be billed for the session.** I have a literal 24 hour cancellation policy, leaving a voice mail message is required instead of other forms of communication such as an email or text.

Confidentiality & Legal Issues

In general, all of the information we discuss during your sessions is confidential unless (1) you give specific permission to release the information or (2) I am required to release the information by law. Exceptions to confidentiality include: child, elder or dependent adult abuse; serious threats of hurting yourself or others; your condition indicates being a serious danger to yourself; your involvement in certain litigation processes; consultation with colleagues if needed, without identifying information included, and disclosure to collection agencies. Be aware that privilege may not apply to coaching. In other words, coaching records may be subpoenaed. Distance communication, such as telephones (wired and wireless), email, and visual internet media such as Skype, may not be secure from eavesdropping, so if you agree to their use you are indicating your agreement to utilize a communication medium that may not be confidential.

Each party agrees to indemnify, defend, and hold harmless the other party and its agents, officers, and employees from and against any and all liability expense, including defense costs and legal fees incurred in connection with claims for damages of any nature whatsoever, including but not limited to, bodily injury, death, personal injury, financial or businesses losses, or property damage arising from such party's performance or failure to perform its obligations hereunder.

My Coaching Vision

Coaching usually leads to improvements and positive changes in one's life. It will help you to deal with situations in new ways. At times, we all benefit from a guide, mentor or coach on this journey we call life. I believe that each of us is unique, creative and ultimately responsible for moving our own life forward. I look forward to working with you.

Your signature indicates that you have read and understand the above information, agree to abide by its terms during our coaching relationship, and are consenting to coaching for yourself and/or your child.

Signature of Client or Legal Guardian

Date

Printed Name

Relationship to Client

Coach

Date