



Coaching Agreement

Coaching is an ongoing relationship between the professional coach and the client, which focuses on the client taking action toward the realization of their vision, goals or desires. Coaching uses a process of inquiry and personal discovery to build the client's level of awareness and responsibility and provides the client with structure, support and feedback. A key component of the coaching relationship is on developing appropriate action steps to help the client move toward his or her goals. Although there are no guarantees on the outcomes from coaching, most people report significant progress on their goals.

Coaching is not therapy. Although, I am trained in counseling and psychotherapy, I do not engage in the practice of psychotherapy with my coaching clients. If issues arise that are best dealt with in a therapeutic context, I will refer you to an appropriately trained and licensed therapist. In entering coaching relationship, and signing this agreement, you are agreeing that if any mental health difficulties arise during the course of the coaching relationship, you will notify me immediately so I may provide you with appropriate referrals.

We will agree on a standard time for our telephone or video consultations. Once that time is established, it will be reserved for you. If you need to cancel an appointment, please provide at least 24-hour notice or you will be charged for the appointment. My fees are \$400 per month for four (4) 40-minute coaching appointments. (You will have unlimited email or text message contact in between appointments). I encourage clients to commit to three months of coaching.

The information you share with me will remain strictly confidential unless (1) you give specific, written permission to release the information or (2) I am required by law to release the information. Exceptions to confidentiality include information about intent to seriously harm yourself, or another individual, child abuse or neglect, and elder abuse or neglect. Some means of electronic communication may not be secure, 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 business losses, or property damage arising from such party's performance or failure to perform its obligations hereunder.

Coaching usually leads to improvements and positive changes in one's life. We will discuss the pros and cons of coaching together. I believe each client is unique, creative, and responsible for moving their own life forward. I look forward to working with you.

PRINTED (Client Name)

SIGNATURE (Client)

Date

PRINTED (Coach Name)

SIGNATURE (Coach)

Date