

Coaching Agreement

Client Name: _____

This agreement, between coach and the above-named client.

Investment

_____ \$30 for a 1/2 hour session

_____ \$120 for a package of 5: 1/2-hour sessions

Initial, please:

_____ Prepayment allows for scheduling out the package, but is not required.

_____ Packages do not expire, but the sessions need to be scheduled within three months of the previous session. They will work best when you participate in weekly sessions.

_____ If you need to cancel an appointment, please provide at least 24-hour notice or you will be charged for the appointment.

_____ There will not be any refunds on packages.

Services

Initial, please:

_____ The services to be provided by the coach to the client are face-to-face (in person or Zoom/video calling) OR telephone coaching, as agreed jointly with the client.

_____ Coaching may address specific personal struggles, exercise accountability, meditation or breathing technique, or general conditions in the client's life as well as sports. Other coaching services include goal making, value clarification, brainstorming, identifying plans of action, asking clarifying questions, and making empowering requests or suggestions for action.

_____ Additionally, the client may be asked to reflect on difficult topics or situations which may result in an expression of emotions.

_____ Throughout the working relationship, the coach will engage in direct and personal conversations. The client understands that successful coaching requires a co-active collaborative approach between client and coach. In the coaching relationship, the coach plays the role of a facilitator of change, but it is the client's responsibility to enact or bring about the change.

_____ If the client believes the coaching is not working as desired, the client will communicate this with the coach as soon as possible and the coaching strategy will be restructured to address

the client's desired outcome of coaching. Coaching is not magic, there cannot be results unless the client does the work, not just merely attend. The coach is there to help, and facilitate wellness, it is not guaranteed.

Prior History

Initial, please:

_____The client also agrees to disclose details of the past or present psychological or psychiatric treatment. Coaching and counseling are not the same. Likewise, therapy and other modes of professional or medical psychological examination shall not be considered equivalent to coaching.

_____I am not a registered psychologist, psychiatrist, licensed therapist/counselor. In entering into the coaching relationship, and signing the agreement, you are agreeing that if any mental health difficulties arise during the course of the coaching relationship, you will notify me immediately so that I can discuss with you an appropriate referral.

Confidentiality

Initial, please:

_____All information about the coach/client relationship will remain strictly confidential except in very rare circumstances where decreed by law; the court might issue a subpoena for the file or information, and if you have a plan to hurt yourself or others.

_____If you wish for me as your coach to speak to someone outside our interactions, you need to give me written permission (original letter, fax or email) to do so. Exceptions to confidentiality of course relate to circumstances such as intent to seriously harm someone, child abuse, thoughts of suicide etc. Otherwise, all remaining information is kept confidential.

_____It is also important to note that in some situations, it is important to be aware of the use of technology in that for some clients, there is a risk in using certain media such as the internet and mobile phones. If you use these to communicate with me, then I will assume that it is appropriate to continue to do so in my interactions with you. I will wear a headset for further confidentiality.

Termination

_____The client has the option to terminate the coaching agreement within (3) days of signing the contract, and will receive a refund on all unused payments. Otherwise, the client agrees to coaching for the duration of the contracted period.

Our signatures on this agreement indicate full understanding of the agreement with the information outlined above.

Client	Date
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Personal Coach	Date
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Release of Liability

Coaching is a service that provides personal coaching to specific individuals and/or groups. The client is aware that coaching is in no way to be construed or substituted as psychological counseling or any other type of therapy or medical advice. I will at all times exercise my best professional efforts, skills and care of ensuring my client is coached to meet their life coaching goals, the client understands and acknowledges the coach will not be liable legally or otherwise, for the actions the client may or may not undertake as a result of the life coaching sessions. No assumption of responsibility is made, or given, and the client requesting such advice agrees not to hold Amanda Sager or Beacon Well Living (Provider) responsible or liable in any form or fashion, for such actions taken. The method and process by which this advice and direction are given in no manner whatsoever, written or verbal, constitutes an agreement or liability on the part of the provider and is acknowledged to be different in many ways than clinical and medical counseling.

You (the client) agree that using any of these coaching services are entirely at your own risk. Coaching services are provided "as is", without warranty of any kind, either expressed or implied, including without limitation any warranty for information services, coaching, uninterrupted access, or products and services provided through or in connection with the service. This service is requested at the client's own choice and with inherent singular responsibility. Any actions or lack of actions, taken by the client of such advice is done so solely by choice and responsibility of the client and is neither the responsibility nor liability of Amanda Sager or Beacon Well Living (Provider). The client takes full responsibility in the decisions they make after being coached, as well as the consequences. The client enters into coaching with full understanding that they are responsible for creating their own results. Periodically, Amanda Sager or Beacon Well Living, may provide links to other web sites or written print material which may be of value, interest, and convenience to you. This does not constitute endorsement of material at those sites or any associated organization product of service. It is the responsibility of the user to make their own informed decision about the accuracy of the information at those sites and print material including their privacy policies. In no event shall Amanda Sager or Beacon Well Living (Provider) be liable for any incident or consequential damages resulting from use of the material.

Coaching Client	Date
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