



Date: _____

Name: _____

Home address: _____

Home phone: _____ Cell phone: _____

Email address: _____

Occupation: _____

Date of birth: _____

Marital status: _____

Name of partner/spouse: _____

Names and ages of children: _____

Who referred you to me? _____



Preparation

After our initial session, I ask that you come to the coaching sessions prepared with an idea of what you want to achieve in each session. To help you with this, please fill out the Coaching Session Prep Form. It would be helpful for you to email me this form twenty-four hours before our sessions, excluding the first session.

Expectations

The key to an effective coaching relationship is communication. Please be honest with yourself and me throughout the coaching process. You can expect me to be straightforward, constructive, and confidential. You can say anything to me, positive or negative; this includes letting me know if something makes you uncomfortable or don't want to respond to a question. Please let me know anytime if you have concerns we haven't addressed.

As your coach, I am a resource to use to your best advantage. I will share concepts or insights and ask re-orienting questions to increase your success in attaining your health goals.

I expect your best and expect you to be willing to grow. I'll make a direct request, like: "Will you accomplish 'X' by the end of the month?" You always have the option of accepting my request, declining, or counteroffering something more comfortable.

Confidentiality

I recognize that during our work, you may give me the following: future plans, health information, financial information, job information, goals, personal information, and other proprietary information. I will not at any time, either directly or indirectly, use any information for my own personal benefit, disclose, or communicate in any manner any information to any third party. Without your permission, I will not divulge that you and I are in a coaching relationship. I will keep everything we say and do confidential unless you present a physical danger to yourself or others. In this case, I will inform legal authorities so that protective measures can be taken. In addition, you should know that unlike a physician or a lawyer, our confidentiality agreement is not protected by law. Should it ever happen, I cannot claim in court to be unable to divulge the contents of our conversations.

Nature of the Relationship

You are aware that the coaching relationship cannot be construed as psychological counseling or psychotherapy. If you feel the need for professional counseling or therapy, it is your responsibility to seek a licensed professional. Coaching results are not guaranteed. You enter into coaching with the understanding that you are responsible for creating your own results.



Scheduling/Cancellation

Scheduling appointments can be done directly with me via phone, email, text or through my online scheduling platform, Calendly. Please let me know 24 hours in advance if you need to reschedule any session. You will likely find the most effective and sustainable changes through a commitment of three months. After that time, we will re-evaluate your progress and our work together and make any further agreements. However, deciding what commitment makes sense to you would be best.

Payment Procedure

For your contract, you are provided an introductory 1-hour session followed by 30-45 minute maintenance coaching sessions, plus email support Monday–Friday. Payment is required in advance of your sessions. Your session is only considered confirmed once payment has been received. I accept payment by Check, Venmo, Cash or Credit Card.

Termination

Because of the work's time, scope, and nature, the initial contract is recommended to be three (3) months of coaching. After that, the work is done on a month-to-month basis. Please let me know in advance if you want to terminate our work together so that we can bring the work to closure and set you up for success in the future.

Client Waiver

Simply stated, you understand that I am a Health & Well-Being Coach. I cannot be held liable for any advice, suggestions, or guidance I provide during our work together.

The client has read and agrees to the parameters of the coaching practice in the above paragraphs.

Client Signature: _____

Date: _____

Coach Signature: _____

Date: _____



Health Coaching Rates (Spring 2023)

1 session: \$45

6 Sessions: \$240

12 Session Package: \$450

20-minute information session: Free