

Coaching Contract

Client Name: _____

This agreement, between coach _____ and the above-named client will begin on _____ and will continue for a period of _____ months ending on _____.

Investment

There is no fee for the initial meeting (phone conference) and the investment for the ensuing meetings is \$ _____. These fees will be paid in advance of the sessions, or on a monthly basis at the discretion of the coach.

Alternatively, this is a _____ session package for a period of _____ weeks for _____ minutes per session.

Additional appointments can be scheduled as needed.

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

Services

The services to be provided by the coach to the client are face-to-face or telephone coaching, video chat, as agreed jointly with the client. Coaching may address specific personal struggles, business issues, or general conditions in the client's life or profession. Other coaching services include value clarification, brainstorming, identifying plans of action, examining modes of operation in life, 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.

You are very much encouraged to talk more with the coach as to receive a better understanding of what coaching is about and how to get the most out of it.

1. As a client, I understand that I remain fully responsible for my physical, emotional and mental well-being, including my choices and decisions. I am aware that I can choose to discontinue my coaching at any time. In discontinuing services, any pre paid services will in no way be refunded.

2. I understand that the coaching relationship is professional, designed to facilitate the creation/development of personal/professional and business goals and to develop and implement a strategy/plan for achieving these goals.

3. I understand that coaching is a comprehensive process that may involve all area of my life, including work, health, finances, relationships, recreation and education. I acknowledge that deciding how to handle these issues, incorporate coaching into these areas, and implementing my choices are exclusively my responsibility.

4. I understand that coaching does not involve the diagnosis or treatment of mental disorders as defined by the DSM III. I understand that coaching is not a substitute for counseling, psychotherapy, psychoanalysis, mental health care or substances abuse treatment and I will not use it in place of any form of diagnosis, treatment or therapy.

Prior History

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 or psychiatrist, nor a licensed therapist. I do not engage in therapy with my coaching clients. 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

All information about the coach/client relationship will remain strictly confidential except in very rare circumstances where decreed by law; ie. where the court might issue a subpoena for the file or information.

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, mobile phones and cordless 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 understand that information will be held as confidential unless I state otherwise, in writing, except as required by law.

I understand that certain topics may be anonymously and hypothetically shared with other coaching for training or consultation purposes.

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 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.

Coaching Client Date

Personal Coach Date

Release of Liability

Life 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 Taisha O'Neal (Provider) responsible or liable in any form or fashion, for such actions taken of their own accord. 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. I understand that coaching is not to be used as a substitute for professional advice by legal, financial, spiritual or other qualified professionals. I will seek independent professional guidance for legal, medical, financial, business, spiritual or other matters. I understand that all these areas are exclusively mine and I acknowledge that my decisions and my actions regarding them are my sole responsibility.

You (the client) agree that using any of these life coaching services are entirely at your own risk. Life 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 Taisha' O'Neal (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 I, Taisha' O'Neal, 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 Taisha O'Neal (Provider) be liable for any incident or consequential damages resulting from use of the material.

Coaching Client

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Date