

# INSPIRE YOUR BEST SELF

## **Personal Coaching Agreement:**

This coaching agreement exists between Inspire Best Your Best Self, hereinafter called IYBS, and \_\_\_\_\_, hereinafter called the client.

## **Transformational Recovery Coaching (Process & Methods):**

IYBS provides Transformational Life Coaching, Emotional Healing, Career Mentoring and Psycho-Spiritual Integrative Coaching to clients through the transformational process. IYBS coaching supports clients before and after their chosen treatment, transitional, and transformational work. Coaching includes one-on-one coaching sessions via phone/video, downloadable workbooks and materials, and ongoing communication via email/text. IYBS transformational recovery coaching helps people be true to themselves; the philosophy comes from within the client. IYBS coaching makes more options available through new: tips, tools, techniques and teachings focused on personal and professional development, passion, purpose, and meaning in life, character building and life skills training, and increasing overall performance, satisfaction, and success in life. Clients are never forced to do something they do not want to do. Clients choose their own path and what and how they want things to be.

## **IYBS Disclaimers:**

IYBS coaching does not replace professional treatment and counseling. Coaching is a supplemental support, and IYBS recommends additional professional help as necessary. IYBS does not diagnose, treat, or evaluate regarding mental illness, addictions treatment, or detoxification methods. IYBS is not responsible for the client's choice of detoxification, treatment, medicine, or safety, health, and sobriety throughout the coaching process. IYBS provides preparation and integration coaching around transformational experiences, but is not responsible for these experiences, or which tools and technologies a client chooses. IYBS can provide coaching support calls while clients are in treatment or at a retreat, but IYBS is not responsible for any matters or experiences relating to another program or clinic. IYBS is a separate business that only provides in person and virtual coaching services and online courses. IYBS cannot guarantee a client's recovery and healing, their abstinence and safety, their success in treatment or recovery, or their actions in general.

## **Informed Consent for IYBS Transformational Coaching:**

\_\_\_\_\_ I understand that I have signed up for transformational recovery coaching which focuses on my goals, holding me accountable to my goals, and helping me achieve my goals.

\_\_\_\_\_ I understand that to achieve my goals I will have to make changes within my own mindset, character, relationships, lifestyle, and way of being.

\_\_\_\_\_ I understand that to create changes that align with my goals I will have to take action, follow a plan, stay focused, live consciously, and keep practicing.

\_\_\_\_\_ I understand the success of the coaching program depends on me. My level of commitment, honesty, responsibility, and ability to apply what I learn will determine my growth and success.

\_\_\_\_\_ I understand that the coaching process focuses on goals but can reveal blocks and blind spots that prevent goals, which could cause emotional discomfort.

\_\_\_\_\_ I understand the coaching process includes a variety of new tools and transformational work, but this does not take the place of other programs available within my community.

\_\_\_\_\_ I understand that coaching is not professional counseling and that my coach is not a licensed professional and will not be providing psychotherapy or counseling.

\_\_\_\_\_ I understand that the coaching process is confidential but has limits to confidentiality if I disclose information that has or could potentially harm others or myself.

\_\_\_\_\_ I understand that my IYBS coach cannot advise me on medical treatment protocols, prescription medications or treatments to check into. I am responsible for any treatments, medicines, and technologies I incorporate.

#### **Terms & Conditions:**

IYBS contracts directly with clients. The client agrees to the coaching process, coaching commitments, and this client contract. The client and coach agree to schedule appointments each week that fit both parties. Either party can reschedule or cancel with respectable notice. Missed sessions not cancelled prior to the scheduled appointment may be charged for the total amount of the session that was scheduled. Upon signing you are committing to complete the full program. Although you may stop your monthly payments and quit early, you may not collect any dues paid previously and no refunds are provided.

The coach may charge for coaching services outside the initial agreement including: coaching sessions with family members or third parties, family meetings for contracting and mediations, creating specialized coaching programs or assignments, researching or reviewing information, writing letters of reference, reviewing/revising resumes, travel expenses, printing expenses, or any other agreed upon expenses/services on behalf of the client. Additional services to be charged will be communicated before the services are provided; this excludes family coaching calls they will be charged for. Any additional coaching hours billed will be charged in 15-minute increments.

**Dates & Payment:**

The client has signed up and paid for a coaching package that best fits them, with the option to purchase additional rounds of coaching under this same contract. Future payments are due prior to any additional coaching sessions/services to be provided. Refunds are not provided for payments that have already been processed. The agreement begins on the date of first payment and stands for the duration of coaching services with Inspire Your Best Self.

**Acceptance of the Coaching Contract:**

Client: \_\_\_\_\_ Date: \_\_\_\_\_

Parental Consent (if applicable):

I \_\_\_\_\_ permit \_\_\_\_\_ to work with Penny Kring one-on-one in a life coaching approach.

Parent: \_\_\_\_\_ Date: \_\_\_\_\_