

Shelly's Coastal Coaching Membership Agreement

1. Introduction

This Membership Service Agreement ("Agreement") is entered into between Shelly's Coastal Coaching, herein referred to as the "Coach," and the individual member, herein referred to as the "Client," collectively referred to as the "Parties," regarding the participation in the virtual wellness and life coaching programs provided by the Coach.

2. Program Description

- **3-Month Program: Consists of 12 sessions with the first and last sessions being one hour in length, and the remaining 10 sessions being 45 minutes each. Clients have 4 months to utilize all 12 sessions, with a recommended weekly meeting schedule.**
- **6-Month Program: Comprises 24 sessions with the first and last sessions being one hour in length, and the remaining 22 sessions being 45 minutes each. Clients have 8 months to utilize all 24 sessions, with a recommended weekly meeting schedule.**
- **Single Session: Will consist of 1 session lasting 60 minutes.**

3. Scope of Service

- **The scope of practice for a wellness and life coach encompasses assisting clients in personal development and goal setting, facilitating behavioral change, providing guidance on health and wellness, teaching mindfulness and stress reduction techniques, improving relationships and communication skills, exploring career aspirations and personal fulfillment, developing time management and productivity skills, offering accountability and support, and empowering clients to discover their strengths and potential. Coaches prioritize client well-being, maintain ethical standards, respect boundaries, and refer clients to other professionals when appropriate.**
- **It's important to note that while wellness and life coaching may involve discussing personal challenges and emotions, it is distinct from therapy. Coaching focuses on forward-thinking goal setting, behavior change, and empowerment, whereas therapy typically delves deeper into mental health issues, past traumas, and clinical diagnoses. Coaches work collaboratively with clients to achieve specific objectives and do not provide diagnosis or treatment for mental health conditions.**

4. Term

- **The term of this Agreement shall commence on [start date] and shall continue until [end date], as specified by the Parties for each program.**

5. Refund Policy

- **Clients are eligible for a 50% refund if less than 33% of the program sessions have been utilized, or if no more than one month has passed for the 3-month program, or no more than two months for the 6-month program.**

Shelly's Coastal Coaching Membership Agreement

6. No Show Policy

- **Sessions will be canceled and counted if the Client does not show up or reach out to the Coach within the first 10 minutes of the scheduled session. A 24-hour notice is required to reschedule or cancel a session without it being counted.**

7. Response Time

- **All calls and emails will be responded to within a 48-hour period.**

8. Confidentiality

- **The Coach agrees to maintain the confidentiality of all information shared by the Client during the coaching sessions. Confidentiality will only be broken if the Coach believes there is a risk of harm to the Client or others.**

9. Payment Terms

- **Payment for the program shall be made in full in advance of the first session. Single sessions shall be paid for at the time of booking, and if canceled with in a 24-hour notice, will be refunded at 100%. Additionally, individuals with an active membership with Doc Bee Well are entitled to a 10% discount on all programs and single sessions.**

10. Client Communication

- **Clients enrolled in a program may contact the Coach via email or phone with questions during the program duration. Single session clients may only contact the Coach for clarification about information discussed during the session, with a 2-week window for questions.**

11. Intellectual Property

- **Any materials, resources, or tools provided by the Coach during the program are for the Client's personal use only and may not be reproduced or distributed without prior consent.**

12. Disclaimer

- **The services provided by the Coach are for educational and informational purposes only and are not intended to diagnose, treat, or cure any medical condition. The Client acknowledges that they are responsible for their own decisions and actions.**

13. Governing Law

- **This Agreement shall be governed by and construed in accordance with the laws of Washington State.**

Shelly's Coastal Coaching Membership Agreement

In witness whereof, the Parties hereto have executed this Agreement as of the date first above written.

Shelly's Coastal Coaching:

Client's Name:

Client's Signature:

Date:

