

Jessica O. Depardieu
Dragonfly Pond LLC
Client-Coaching Agreement

Terms of Coaching:

Welcome! I look forward to creating a relationship that assists you in reaching your goals. This Agreement is entered into by and between: Jessica Depardieu of Dragonfly Pond LLC, 6 Thorndal Circle, Darien, CT 06820 and

_____ (Client Name and Address),
whereby Coach agrees to provide Coaching Services for Client focusing on the following:

(See "Preparation For Coaching" Form).

My coaching fee schedule is as follows: \$90 for a single scheduled session, \$399 for 5 scheduled sessions and \$675 for 9 scheduled sessions, payable via Square at www.dragonflypondllc.com (scroll down to "Classes & Coaching Online" section), or by Venmo @Jessica-Depardieu, or by check payable to "Dragonfly Pond LLC" sent to Jessica Depardieu % Everyday Vitality LLC at 6 Thorndal Circle, Darien, CT 06820.
Payment is due prior to our meeting.

Our sessions will take place via phone or Zoom, or in-person masked (Darien location only). For phone sessions, I'll call you at the scheduled appointment time at the phone number you provide me beforehand, via email. For Zoom meetings, I'll send you a link to our meeting the night before. Sessions are usually 60 minutes, but we have up to 70 minutes if need be.

If you need to reschedule our time, please give me 24 hours notice, if possible. Unless there is an emergency, if you have not given me reasonable notice, and do not show/call in for your appointment, we will not make up that session (for packaged sessions).

Open & honest communication: If I ever so or do anything that upsets you or doesn't feel right, please let me know about it during the check in at the end of our session or email me at jessica@dragonflypondllc.com And I will do the same.

Client understands coaching is NOT therapy. _____ (client initials)

Referring out: If we determine that your needs as a client would be better served by a coach with expertise in that area, I will offer what I can for appropriate referral sources. If therapy is

recommended, depending on the client's needs, it is possible to continue the coach-client relationship in addition to the client's work with a therapist.

Terminating Coaching Agreement: Either the Client or the Coach may terminate this Agreement at any time with 1 week's written notice. Client agrees to compensate the Coach for all coaching services rendered through and including the effective date of termination of the coaching relationship.

Terms of Coaching Agreement

Coach:

I agree to serve as your coach to help you achieve mutually agreed upon goals which may include, but are not limited to: identifying and undoing limiting beliefs, exercising and implementing life-affirming beliefs; professional growth and satisfaction; personal clarity; relationships; self-sufficiency and confidence; self-awareness and self-love; overall personal care; life balance; establishing and achieving life goals.

As your coach I cannot guarantee results. I can tell you that you will create different results by having the courage to experiment with your approaches to the various aspects of life. During the time we spend together in our coaching, I will devote my time, thought and energy to you exclusively. In between our sessions I may not be readily available as I will be attending to others, including myself.

I will do my best to return your call or email within 24 hours Monday through Friday. I will maintain confidentiality regarding information you choose to share with me. I am not trained to provide psychotherapy. If any issues come up for you that should be handled by a licensed therapist or physician, we can stop coaching while you attend to these. Or, if coaching and therapy can co-exist for you (you can still move forward toward your goals), we can continue to work together while you also work with other professionals.

Signature of Coach and Date

Client:

I accept full responsibility for myself. I agree to communicate honestly, be open to feedback and assistance and to create the time and energy to participate fully in the coaching program. I realize that my success depends largely on how I conduct my life, how I think, how I feel and what I do. I am aware that blaming anything or anyone, including myself, won't benefit my growth and success. I know I must experiment with different ways of being, doing, having and communicating in order to find ways that suit me best. I know that no one way will work forever so I must experiment, while at all times maintaining my integrity, to find the best ways for me. I realize that trying out new ways will at times feel awkward, artificial, uncomfortable and even frightening at first. At this time, I can financially afford the coaching fee of \$65-\$75 per hour, depending on the coaching plan I choose. I agree to pay prior to each session, or prior to the first session of a package. I have read and agree with the terms on these three pages. And, I am eager, ready and willing to begin!

Signature of Client and Date