



COACHING CONTRACT

This Coaching Contract ("Contract") is entered into between Muusa Lintpaa, Kermit Coaching, hereinafter referred to as the "Coach," and _____, hereinafter referred to as the "Client," collectively referred to as the "Parties."

1. COACHING SERVICES:

The Coach agrees to provide coaching services to the Client, which may include (but are not limited to) individual coaching sessions, group coaching sessions, workshops, assessments, and related activities. The goals, objectives, and focus areas of the coaching relationship will be determined collaboratively between the Coach and the Client.

2. TERM:

This 12 - week Contract shall commence on _____ and continue until _____ unless terminated earlier by either Party in accordance with the terms of this Contract. The term of this Contract may be extended by mutual agreement in writing.

3. SESSION SCHEDULE:

The Parties will work together to determine the frequency, duration, and timing of coaching sessions. Coaching sessions are typically *45 minutes in duration and will occur weekly*. Changes to the session schedule may be discussed and agreed upon as needed.

4. FEES AND PAYMENT:

The Client agrees to pay the Coach the agreed-upon coaching fees *prior to first coaching session*. All payments are due prior to receiving services and should be submitted through Kermit Coaching website payment portal.

5. CANCELLATION POLICY:

The Client agrees to provide at least 24-hours' notice for any session cancellation. Failure to provide timely notice may result in the session being counted as conducted.

7. REFUND POLICY:

Refunds are generally not provided once coaching services have commenced. If the Client decides to discontinue coaching before the end of the contracted term, any prepaid fees will be saved as a credit in Client's account and are valid for 6 months from Client's last session. Prepaid fees are not transferrable or assumable.

8. CONFIDENTIALITY:

Both Parties agree to maintain the confidentiality of all information shared during the coaching relationship. The Coach will not disclose any confidential information to third parties without the Client's written consent, except as required by law.

9. COMMUNICATION BETWEEN SESSIONS:

The Client is encouraged to reach out to the Coach via email between sessions if necessary. The Coach will respond within 24-hours' during regular business hours.

10. CLIENT'S PARTICIPATION AND ISSUES:

If any issues arise that impact the Client's ability to fully participate in coaching, the Client agrees to communicate this to the Coach as soon as possible. The Parties will work together to find suitable solutions.

11. CHALLENGE RESOLUTION:

If challenges or conflicts arise during the coaching relationship, both Parties agree to engage in open and constructive communication to resolve them. If necessary, a mediation process may be initiated.

12. COACHING DEFINITION:

Coaching is a collaborative process aimed at assisting the Client in identifying and achieving personal or professional goals. The Coach provides guidance, support, and resources, but the Client retains responsibility for their actions and decisions.

13. COACHING LIMITATION:

Coaching is not therapy, counseling, or medical treatment. The Coach does not diagnose or treat mental health disorders. The Client should seek appropriate professional help if such needs arise.

14. GOVERNING LAW:

This Contract shall be governed by and construed in accordance with the laws of King County, WA. Any disputes arising out of or related to this Contract shall be subject to the exclusive jurisdiction of the courts in King County, WA.

By signing below, the Parties acknowledge that they have read, understood, and agreed to the terms and conditions of this Coaching Contract.

Client's Signature: _____ Date: _____

Coach's Signature: _____ Date: _____