

## **CHANGE UR LIFE COACHING**

### **Coaching Agreement/Disclaimer**

The following will require your signature before proceeding...

Terms and conditions of service:

1. I acknowledge that I have read and accepted all terms of the privacy policy located on the change ur life coaching website. Additionally i understand that Change ur Life Coaching may have to retain records/notes in accordance with the Insurance policy requirements associated with Change Ur Life (1-3 year)s

2. Dispute Resolution If a dispute arises out of this Agreement that cannot be resolved by mutual consent, the Client and Coach agree to attempt to mediate in good faith for up to 60 days after notice given. If the dispute is not so resolved, and in the event of legal action, the prevailing party shall be entitled to recover attorney's fees and court costs from the other party.

3. Severability- If any provision of this Agreement shall be held to be invalid or unenforceable for any reason, the remaining provisions shall continue to be valid and enforceable. If the Court finds that any provision of this Agreement is invalid or unenforceable, but that by limiting such provision it would become valid and enforceable, then such provision shall be deemed to be written, construed, and enforced as so limited.

4. Waiver- The failure of either party to enforce any provision of this Agreement shall not be construed as a waiver or limitation of that party's right to subsequently enforce and compel strict compliance with every provision of this Agreement.

5. Applicable Law- This Agreement shall be governed and construed in accordance with the laws of the UK without giving effect to any conflicts of laws provisions.

6. Binding Effect This Agreement shall be binding upon the parties hereto and their respective successors and permissible assigns.

**Disclaimer: Description of Coaching:** Coaching is partnership (defined as an alliance, not a legal business partnership) between the Coach and the Client in a thought-provoking and creative process that inspires the client to maximize personal and professional potential. (ICF)

1. Coach-Client Relationship- Theresa O'Lynn agrees to maintain the ethics and standards of behavior established by the universe. These ethical standards, morals and values include, (but not limited to) trustworthiness, responsibility, fairness, honesty, integrity, competence, patience, gratitude, self-love, listening, courage, kindness and growth.

2. I Theresa O'Lynn recommend that my Client review this universal law and uphold the same standards of behavior. I, the client, have reviewed this list of standards and agree to uphold them.

3. If the coaching sessions are to be carried out by phone or skype, I, the client, am responsible for making the call to the coach.

4. I agree to pay all coaching fees in advance. 5. I acknowledge that I need to provide 24 hours notice of cancellation of my scheduled appointments and that failure to do so will result in the full fee being charged for the missed session. 6. I understand that coaching is NOT counselling, psychotherapy or any mental health service. 7. I am/am not under the care of a mental health professional. 8. If I am under the care of a mental health professional I confirm I have discussed my entering into this coaching arrangement, we have agreed it would be suitable and I will provide the coach with a letter from my mental health professional to this effect before coaching begins. 9. I understand that I am solely responsible for creating and implementing my own physical, mental and emotional well-being, decisions, choices, actions and results arising from Change Ur Life Coaching. 10. I understand that coaching is a comprehensive process that may involve all areas of my life, work, finances, health, relationships, education and recreation. I acknowledge that deciding how to handle these issues and implement my choices is exclusively my responsibility. 11. I understand that all decisions made in these areas are exclusively mine. 12. I understand that coaching is not to be used in lieu of professional and/or financial advice. 13. I will seek professional guidance for legal, medical, financial, business, health or other matters. 14. I understand that all information I disclose is bound by a clause of confidentiality and will not be disclosed by the coach to any persons except in rare circumstances by a court order upon a crime being committed or if there is significant reason for the coach to believe I will harm another person or persons. 15. I agree to defend, indemnify, and hold harmless Theresa M O'Lynn and the business called Change Ur Life Coaching from and against any and all suits, proceedings, claims, losses, and damages (including lawyer's fees) related to any breach by me of this agreement, and any claim by a third party that arises from my breach of this agreement. 16. I understand that the coach and/or client can terminate our coaching relationship at any time. 17. I understand that Change Ur Life Coaching is a "come as you please service" and that a structured timeline and set sessions are encouraged and available upon request. 18. I authorize Theresa O'Lynn to deduct the amount specified above from my credit/debit card for Life Coaching if applicable. 19. I understand that no refunds for coaching service from Change ur Life Coaching will be given. 20. Non-defamation clause-I the client understands that I will not post or publish false information that may discredit the reputation of Theresa O'Lynn or the business called Change Ur Life Coaching. In the event that this occurs I understand that I can be held liable and face consequences in a court of law. 21. I understand that Theresa (Coach) has the right to refuse service to anyone she feels is not a good fit for the coaching relationship.

22. I have read through and understood the terms of this contract and agree to abide by them for the purposes of this coaching agreement. 21. I, the client will do my best to work well with Theresa, and enjoy the journey :)

Sessions - 1Hr Fee: £25:00 (Subject to Change)

This Agreement is entered into by and between: Theresa O'Lynn (CPC) and Client whereby Coach agrees to provide Coaching Services for Client focusing on the following topics/results/outcomes/goals as described on the change ur life coaching website.

Client signature..... Date:.....

Client Name (Print).....

Coacht Signature..... Date.....