

Individual Coaching Agreement for collaborative coaching packages with Lifeing coaches

Links to Packages (Fee & Schedule)

[4 sessions – \\$360](#)

[6 sessions – \\$500](#)

[10 sessions – \\$800](#)

Zoom link for sessions will be emailed with appointment confirmation after scheduling a session

Non-emergency cancellations should occur at least 24 hours in advance.

Purpose of Agreement: • Cultivate the necessary motivations for the client's life and wellness goals • Support the creation of a plan to achieve those goals through motivating interactions • Provide productive feedback, novel strategies, and consistent accountability • Maximize the client's holistic potential

Coach and Client Responsibilities and Expectations:

1. The coaching plan is designed collaboratively with the client. The coaches agree to come prepared to each session with overall goals in mind. The client agrees to communicate honestly, be open to feedback and suggestions, and fully engage in the coaching process. The client will try to come to each session with a coaching objective in mind.
2. As a client, I understand and agree that I am fully responsible for my well-being during my coaching sessions, including my choices and decisions. I am aware that I can choose to discontinue coaching at any time. I recognize that coaching is not psychotherapy and that professional referrals will be given if requested. Consultation and psycho-education is offered solely upon client's request within the Coach and Doctor of Behavioral Health's scope of practice.
3. Client understands that coaching is a partnership that is designed to facilitate the creation/development of personal, health and wellness, or professional goals and to develop and carry out a strategy/plan for achieving those goals.
4. Client acknowledges and agrees that coaching is a comprehensive process that may explore different areas of their life, including physical activity, nutrition, sleep, stress, habit change, emotional health, physical well-being, life satisfaction, education, social support, culture, recreation, work, family, relationships, and finances, but it is ultimately the client's decision how they incorporate coaching into each aspect of their life. I acknowledge that deciding how to handle these issues and implement my choices is exclusively my responsibility.
5. Coaches agree to commit 100% of their focus during the coaching session to the client, working to engage the client in direct, honest, and purposeful conversations to support the identification and development of goals – aligned with the client's intentions for coaching
6. Coaches agree to communicate respectfully, bring compassion and understanding to the client's situation, and offer appropriate challenges to client perspectives/beliefs surrounding their health and wellness.
7. Coaches agree to stay within their scope of practice and will refer issues relating to medical or psychological distress/disorders to the appropriate professionals as needed.
8. Client understands that coaching is not to be used in lieu of professional advice. Client will seek professional guidance for legal, medical, financial, business, spiritual, or other matters. Client understands that all decisions in these areas are exclusively the client's and the client acknowledges that their decisions and actions regarding their decisions are their responsibility.
9. The client can count on their coach to hold the client's aspirations and growth as primary by asking pertinent questions, making requests, offering helpful provocations, and other ways of supporting enhanced self-awareness, capacity for self-correcting, and generating more effective behaviors and actions.

Confidentiality: The coaches agree to keep all information provided to them as strictly confidential, except as required by law.

Your Lifeing Coach is in full agreement with this contract.

By purchasing a package and scheduling sessions, the client is agreeing that they have read and fully understand this coaching agreement (Scheduling a session with either coach is the same as signing this agreement).