

Insight & Impact Life Coaching, LLC

Dr. Lynette Wiest

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Welcome to my coaching practice. This document and attachments constitute a contract between us (the “AGREEMENT”) and you should read it carefully and raise any questions and concerns that you have before you sign it.

The services to be provided by Lynette Wiest are coaching or tele-coaching as designed jointly with the client. The fee for the initial appointment is \$225.00 (60 minutes). After that, coaching sessions will be charged at the rate of \$195.00 (45 minutes). Professional time spent outside of coaching sessions, including, but not limited to, between-session phone calls or text exchanges, report writing, and reading or reviewing documents, will be billed on a prorated basis rounded up to the nearest tenth of an hour. If I am required to attend meetings outside of my office, you will pay for all time I spend traveling to the location of such meetings. Fees for coaching sessions must be paid at the time of session by Paypal, unless an alternative arrangement is agreed to in writing. You must also pay for collateral services within 30 days of billing. Balances must be paid in order to schedule a next appointment. You are required to give 24 hours notice if you need to cancel or change the time of an appointment. Otherwise, you will be charged for the session in full. Dr. Lynette Wiest agrees that every effort will be made to reschedule sessions which are cancelled in a timely manner.

Coaching Versus Psychotherapy

Both Life Coaching and Clinical Psychology utilize knowledge of human behavior, motivation and behavior change, and interactive counseling techniques.

The major differences:

1- Goals and focus of counseling - While the goals in psychological counseling are set according to what the psychologist believes are best for the client, life coaching goals are set by the client with the assistance / input of the life coach.

2- Geographical freedom of access - A life coach client can access my services from wherever they or I are located (by computer video sessions, and cell phone audio or video sessions). On the other hand, Psychologists are limited by which states clients are located (and in some cases which state the Psychologist is located), even when using phone and video sessions.

The primary foci of Clinical Psychology are identification, diagnosis, and treatment of mental and nervous disorders. The goals of clinical psychology include alleviating symptoms, understanding symptoms, changing dysfunctional behaviors which are the result of these disorders, and developing new strategies for successfully coping with psychological challenges.

The primary foci of Life Coaching sessions are to develop and implement strategic solutions for reaching client-identified goals including improved relationships, enhanced performance, and a personal sense of contentment, accomplishment, and empowerment. Coaching can address specific personal relationships, life projects/talents, balancing life roles, job performance and satisfaction, or general conditions in the client’s personal, family, social,

business, or professional life. Coaching utilizes personal values clarification, strategic planning, repatterning relationship dynamics, motivational counseling, brainstorming, and other counseling technique

The client sets the agenda, and the success of the enterprise depends on the client's willingness to take risks and try new approaches. The relationship is designed to be direct and challenging. Life coaching is honest and straightforward, asking powerful questions and using challenging techniques to move the client forward.

As is always the case, I am ethically bound to protect the confidentiality of all client communications. I will only release information with a client's written permission or in response to a court order.

If either of us recognizes that you have a problem that would benefit from psychotherapeutic intervention, I will refer you to appropriate resources. In some situations, I may insist that you initiate psychotherapy and that I have access to your psychotherapist as a condition of my continuing as your coach.

It is also important to understand that coaching is a professional relationship. While it may often feel like a close personal relationship, it is not one that can extend beyond professional boundaries both during and after our work together. Considerable experience shows that when boundaries blur, the hard-won benefits gained from the coaching relationship are endangered.

CONFIDENTIALITY

I am ethically bound to protect the confidentiality of our communications. I will only release information about our work to others with your written permission or in response to an attorney's subpoena or a court order. There are some situations in which I am ethically obligated to breach confidentiality in order to protect you or others from harm. If I have information that indicates that a child or elderly or person with disability is being abused, I will report that to the appropriate agency. If a client is an imminent risk to themselves or makes threats of imminent violence against another, I will take protective actions. These situations are quite rare in coaching practices. If such a situation occurs in our relationship, I will make every effort to discuss it with you before taking any action.

As you are no doubt aware, it is impossible to fully protect the confidentiality of information that is transmitted electronically

CONSENT AND AGREEMENTS

I have read and agree to the above.

Client

Date