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**Life Coaching Client Agreement and Consent**

This agreement is entered into by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Client) and Giovanna Burgess Geathers, LLC (Coach), for life coaching services to take place via electronic device, telephone and/or face to face.

**Definition of Coaching**:

**“Coaching**, is a teaching, training or development process via which an individual is supported while achieving a specific personal or professional result or goal. The individual receiving coaching may be referred to as the Client. Occasionally, the term coaching may be applied to an informal relationship between two individuals where one has greater experience and expertise than the other and offers advice and guidance as the other goes through a learning process. This form of coaching is similar to mentoring. The structures, models and methodologies of coaching are numerous, and may be designed to facilitate thinking or learning new behavior for personal growth or professional advancement. There are also forms of coaching that help the Client improve a physical skill, like in a sport or performing art form. Some coaches use a style in which they ask questions and offer opportunities that will challenge the Client to find answers from within him/herself. This facilitates the learner to discover answers and new ways of being based on their values, preferences and unique perspective.”

**How Coaching Differs from Therapy:**

Life coaching is NOT therapy and there is no therapeutic relationship although they can be used separately or together to create a strong foundation for your life. Therapy helps you understand attitudes or behaviors from your past, heal and gain closure. Coaching looks at how your past impacts you now. It focuses on the present and moves you forward by using your strengths, gifts, and inherent wisdom to guide you to a more balanced and fulfilling future. In short, as your coach, I play the role of a collaborator rather than an expert and I am not intending to diagnose, treat, or cure any illness, disease or disorder. However if at any point, I deem that therapy is necessary to a client’s overall health, safety and well-being, then I will recommend it and either refer the Client to an appropriately licensed entity or offer my own therapeutic services.

**Confidentiality:**

Life coaching sessions via electronic device, telephone and face to face will remain confidential unless the Client threatens to harm themselves or harm someone else.

**Client’s Understanding and Agreement of the following:**

1. I hereby employ Giovanna Burgess Geathers as my “Coach” for the purposes of advising, planning and mentoring me with respect to the proper format for life coaching and personal and/or professional development. She may assist me in structuring, identifying, and achieving set goals relevant to her experience to provide such services.
2. I understand and agree that as my Coach, she is not an employment agent, business manager, financial analyst, or psychotherapist and that she has not promised nor is she obligated to , and will not 1) procure or attempt to procure any employment, business or sales for me, 2) perform any business management functions such as accounting services, advice on tax or legal matters or the investment of funds, 3) will not as a therapist, counseling me or provide psychoanalysis, group therapy or individual therapy.
3. I further understand and agree that as a specialized form of consulting, Coaching is not the same as professional licensed therapy and that I am always free to reject any advice, suggestions, recommendations or requests made by the Coach at any time. My Coach is authorized to be direct and supportive of me.
4. I further understand and agree that I am to inform my Coach whenever I am under the professional care of any healer or licensed physician, therapist or psychiatrist; and/or any time I am taking any prescriptions or drugs.

**Duration of Agreement**:

This agreement shall be in effect for a period of \_90 days\_\_ and will end on \_\_\_\_\_\_\_\_\_\_.

**Scheduled Coaching Sessions**:

Client understands and agrees to retain the Coach and meet via electronic device, telephone or face to face contact at the agreed upon rate of $\_\_\_\_\_\_ per session/package.

The Client is to make the scheduled sessions a priority and is to be available for sessions at the agreed upon and scheduled appointment time. Sessions will last 55 minutes.

**Rescheduled and Missed Appointment Sessions:**

Client understands and agrees to make coaching sessions a priority, and to arrive on time or be available on time for all scheduled appointments. Client further understands and agrees that if they fail to reschedule an appointment at least 24 hours in advance and fails to call or show up for an appointment, the Coach will assume the client has elected to cancel that appointment and will still be charged the agreed upon rate for a full session. **Any uncompleted or unused sessions will not be carried over from week to week or month to month.**

**As a Client, I understand and agree that I am fully responsible for my well-being during coaching sessions, including my choices and decisions. I am aware that I can choose to discontinue coaching at any time. I further recognize that coaching is not therapy and that a professional referral will be made if necessary. I also accept that if the Coach suspects that I may harm myself or someone else, then confidentiality will be null and void and the Coach can and will contact the authorities.**

**Client’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_**

**Client’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_**

**Coach: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_**