



www.liftedcoaching.com

TERESA MROZIK

liftedcoaching@outlook.com

LIFE COACHING AGREEMENT

Agreement between *Teresa Mrozik DBA Lifted Coaching of North Riverside, IL, Certified Life Coach through the Coach Training Alliance accredited by the International Coach Federation*, and [REDACTED] (Client) whereby Coach agrees to provide Coaching Services for Client focusing on the following topics, results, outcomes, and/or goals as submitted by the client for each session.

Description

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.

Responsibilities

1. Coach agrees to maintain the ethics and standards of behavior set by the International Coach Federation “(ICF)”. www.coachfederation.org/ethics
2. Client is responsible for creating and implementing his/her own physical, mental and emotional well-being, decisions, choices, actions and results. As such, the Client agrees that the Coach is not and will not be liable for any actions or inaction, or for any direct or indirect result of any services provided by the Coach. Client understands coaching is not therapy and does not substitute for therapy if needed, and does not prevent, cure, or treat any mental disorder or medical disease.
3. Client understands that coaching is not to be used as a substitute for professional advice by legal, mental, medical or other qualified professionals and will seek independent professional guidance for aforementioned matters. If Client is currently under the care of a mental health professional, Coach will recommend that Client inform the mental health care provider prior to Life Coaching, and not start/continue Life Coaching if not recommended to do so by professional healthcare provider.
4. Client agrees to communicate honestly, be open to feedback and assistance and create the time and energy to participate fully in the program.

Services

The client agrees to engage in a Life Coaching Program with Teresa Mrozik DBA Lifted Coaching as agreed upon in the attached Client Information & Coaching Terms document (see attached). Coach will be available to Client by e-mail and voicemail in

between scheduled meetings as defined by the Coach (see attached). Coach may also be available for additional sessions or time, per client's request prorated to the rate of a standard session - \$65 per 30 minute session - (for example, reviewing documents, reading or writing reports, engaging in other client related services outside of coaching hours).

Schedule & Fees

This coaching agreement is valid as of first session as defined by Coaching Terms Agreement. All fees must be paid fully in advance as detailed by the attached Client Information & Coaching Terms Agreement document (see attached).

Procedure

The time of the coaching meetings and/or location will be determined by Coach and Client based on a mutually agreed upon date and time. The Client will initiate all scheduled calls and will call the Coach at the designated phone number for Lifted Coaching. If the Coach will be at any other number for a scheduled call, Client will be notified prior to the scheduled appointment time. Please see full Policies and Procedures document (see attached).

Confidentiality

This coaching relationship, as well as all information (documented or verbal) that the Client shares with the Coach as part of this relationship, is bound to confidentiality by the ICF Code of Ethics but is not considered a legally confidential relationship (like in Medicine or Law). The Coach agrees not to disclose any information pertaining to the Client without the Client's written consent. The Coach will not disclose the Client's name as a reference without the Client's consent. Confidential information does not include information that: (a) was in the Coach's possession prior to its being furnished by the Client; (b) is generally known to the public or in the Client's industry; (c) is obtained by the Coach from a third party, without breach of any obligation to the Client; (d) is independently developed by the Coach without use of or reference to the Client's confidential information; or (e) that the Coach is required by law to disclose.

Release of Information for Continued Education Purposes Only

The Coach engages in training and continuing education pursuing and/or maintaining ICF (International Coach Federation) Credentials. That process requires the names and contact information of all Clients for possible verification by the ICF. By signing this agreement, you agree to have only your name, contact information, and start/end dates of coaching shared with ICF Instructors/Professional Development Team and/or other parties involved in this process for the sole purpose of verifying the coaching relationship, no personal notes will be shared.

Client Agrees to Release of Name/Dates (initials) _____

Cancelation Policy

Client agrees that it is the Client's responsibility to notify the Coach 48 hours in advance of the scheduled calls/meetings, unless an emergency. Coach reserves the right to bill Client for a missed meeting. Coach will attempt in good faith to reschedule the canceled meeting. If no cancelation is made within requirements, client will be charged as a no-show and no make-up will be scheduled.

Termination

Either the Client or the Coach may terminate this agreement at any time with 2 weeks advance written notice.

Limited Liability

Except as expressly provided in this agreement, the Coach makes no guarantees or warranties, expressed or implied. In no event will the Coach be liable to the Client for consequential or special damages. Notwithstanding any damages that the Client may incur, the Coach's entire liability under this agreement, and the Client's exclusive remedy, will be limited to the amount paid by the Client to the Coach under this agreement for all services rendered up until the termination date.

This is the entire agreement of the parties, and reflects a complete understanding of the parties with respect to the subject matter. This agreement supersedes all prior written and oral representations.

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.

Thank you!

Please sign both copies and return one copy of this Life Coaching Agreement prior to the first scheduled coaching meeting. Retain one copy for your records please return original copy to Teresa Mrozik DBA Lifted Coaching.

Client Name: _____	<i>Teresa Mrozik</i>
Phone: _____	<i>DBA Lifted Coaching</i>
Address: _____	<i>North Riverside, IL 60546</i>
Signature of Client Agreement: _____	Signature of Coach Agreement: _____