

MORE INSIDE COUNSELING SERVICES, LLC Life With Lenora Coaching COACHING SERVICE AGREEMENT

Welcome

Welcome to my coaching practice, More Inside Counseling Services, LLC. This document constitutes an understanding and a contract between us (the "Agreement"), and you should read it carefully and raise any questions before signing.

Description of Services

The services to be provided by Remada Smith include coaching and/or tele-coaching, as designed jointly with you, the Client. During the Clarifying Consultation, the intake questionnaire and assessment will provide valuable information to guide our coaching relationship. Coaching is exclusively focused on personal growth, self-development, and attaining personal and professional goals.

It is important to note that coaching is **not** psychotherapy and should not be used as a substitute. While both coaching and psychotherapy utilize knowledge of human behavior and change, they differ in focus, goals, and responsibility levels.

If it becomes apparent that mental health symptoms are interfering with your ability to progress in coaching, a referral to a mental healthcare provider will be made. Once stabilized, coaching services may resume.

Differences Between Coaching and Psychotherapy

Therapy is a healthcare service for treating mental illness and may be reimbursable through health insurance. Coaching is not a healthcare service and is not covered by health insurance. The focus of coaching is the development and implementation of strategies to reach self-identified goals. Coaching addresses personal growth, life balance, and professional satisfaction.

Fees - Clarifying Consultation: \$60.00 - Coaching sessions: based on package selection - Fees are due 3 days before the session, unless otherwise agreed upon via PayPal, Website, or email invoicing.

Cancellations You must give **48 hours' notice** if you need to cancel or change the time of an appointment. Otherwise, you will be charged in full. I will make every effort to reschedule sessions cancelled in a timely manner.

Confidentiality

I am ethically and legally bound to protect the confidentiality of our communications and records to the best of my ability. I will only release information about our work with your written permission.

Exceptions include: - Mandatory reporting of child, elder, or dependent adult abuse. - Imminent risk of harm to self or others. - Compliance with court orders. - Prevention of criminal or fraudulent acts.

I will make every effort to discuss such cases with you before taking action.

Communication through wireless or email may not be secure. While I take precautions (e.g., encryption), confidentiality through electronic communication cannot be guaranteed. You acknowledge and accept this risk.

No Guarantees

Coaching is not a substitute for professional legal, medical, psychological, or financial advice. Decisions in these areas are your responsibility. Should a need arise for psychotherapeutic intervention, a referral will be provided and may be a condition for continuing the coaching relationship.

Waiver of Liability

You acknowledge and agree that coaching may include personal or challenging questions. You assume full responsibility for your mental, emotional, and physical well-being and any decisions or actions made. You waive and release any claims arising from coaching questions, advice, or outcomes.

Termination of Agreement

Either party may end this Agreement with written or verbal notice.

Dispute Resolution

This Agreement is governed by Arizona law. Disputes will be resolved through binding arbitration via phone, with a mutually agreed-upon arbitrator. Arbitration costs will be shared equally.

Limitation of Damages

My liability is limited to the lesser of total payments made or the last six months of payment.

Acknowledgement and Agreement

By signing below, you agree to all terms stated herein.

Client Signature: ____ **Date:** _____

Client (if applicable): ____ **Date:** _____

Coach Signature: Remada Smith **Date:** ____

Website: www.lifewithlenoracoaching.com

This agreement is legally binding and ties to both More Inside Counseling Services, LLC and the brand Life With Lenora Coaching.