

COACHING AGREEMENT

- I understand that in regards to this agreement, coaching is defined as the combination of Integrative Story Work and Life Coaching and Support.
- I understand a coaching relationship is a partnership between two or more individuals or entities. This relationship is not a legal partnership, instead more like an alliance. Each party must uphold their obligations for the coaching relationship to be successful.
- As the client, I understand I am solely responsible for incorporating any realizations or directions discovered. I agree to communicate honestly, be open to feedback and suggestions, and to fully engage and devote myself to the coaching process.
- As a client, I understand and agree that I am fully responsible for my well-being during my sessions, including my choices and decisions. I am aware that I can choose to discontinue coaching sessions at any time.
- I recognize that coaching is not psychotherapy and that if needed, professional referrals will be given.
- I understand that my coach is not a licensed therapist and that coaching work does not treat mental disorders as defined by the American Psychiatric Association.
- I understand that coaching is not a substitute for counseling, psychotherapy, psychoanalysis, mental health, or substance abuse treatment and will not use it in place of any form of needed therapy.
- I promise that if I am currently in therapy or otherwise under the care of a mental health professional, that I have consulted with this person regarding the advisability of working with a life coach and that this person is aware of my decision to proceed with the coaching relationship.
- I promise that if I feel that I am in crisis and/or having a medical or mental health emergency before, during, or after an online session, that I will access 911 or support and help from resources in my specific location.
- I understand coaching work is a comprehensive process that may explore different areas of my life, including work, finances, health and relationships, education, spiritual life, and recreation. I acknowledge that deciding how to handle these issues and implement my choices is exclusively my responsibility.
- I understand that coaching is not to be used in lieu of professional advice. I will seek professional advice for legal, medical, financial, business, pastoral or other matters. I understand that all decisions in these areas are exclusively mine, and I acknowledge that my decisions and my actions regarding them are my responsibility.
- I understand that the coaching relationship, as well as all information (physical or verbal) that I share as part of this relationship, will be held confidentially unless I give written consent except as required by law. I am advised that the Coach-Client relationship is not a relationship protected by legal confidentiality (like doctor-patient or attorney-client).
- I am aware that certain topics may be anonymously shared with other coaches or professionals for training or consultation purposes.
- I agree to pay all fees in a timely and agreed on manner. I understand clients pay at time of service unless other arrangements have been made.

- I agree to give notice at least 24 hours in advance of any scheduled session that I need to cancel. I agree to give 72 hours notice if I wish to reschedule a meeting. I understand that I may be charged the scheduled session fee for a missed or cancelled meeting without proper notice.

Termination of Agreement

Either party may terminate this Agreement at any time. Ideally this would happen mutually within the coaching relationship through a termination process. I understand that the length of the termination process depends on the length and intensity of the work. The Coach will not terminate without first discussing the reasons for terminating (ie: work is not effective, referral is needed, default on payments). However, I understand that if three concurrent sessions are missed or unscheduled without any communication by me, this will be understood as my decision to discontinue the coaching relationship. Either party can also terminate the agreement within 7 days through written communication.

Limited Liability

I understand there are no guarantees, representations or warranties of any kind or nature, expressed or implied with respect to the coaching services negotiated, agreed upon and rendered. In no event shall the Coach or Solid Foundation Story Coaching be liable to me for any indirect, consequential or special damages. Notwithstanding any damages that I may incur, the Coach's and Solid Foundation Story Coaching's entire liability under this Agreement, and the my exclusive remedy, shall be limited to the amount actually paid by me to the Coach under this Agreement for all coaching services rendered through and including the termination date. I agree that the Coach and Solid Foundation Story Coaching is not liable or responsible for any actions or inactions, or for any direct or indirect result of any services provided by the Coach.

Entire Agreement

I agree that this document reflects the entire agreement between the Coach, Solid Foundation Story Coaching, and myself and reflects a complete understanding of the parties with respect to the subject matter. This Agreement supersedes all prior written and oral representations. The Agreement may not be amended, altered or supplemented except in writing signed by both the Coach and myself.

Dispute Resolution and Legal Fees

In the event of a dispute arising out of this Agreement that cannot be resolved by mutual agreement, I agree to engage in mediation. If the matter cannot be resolved through mediation, and legal action ensues, the successful party will be entitled to its legal fees, including, but not limited to its attorneys' fees.

Legal and Binding Agreement

This Agreement is legal and binding between the Parties as stated above. This Agreement may be entered into and is legal and binding in the United States. The Parties each represent that they have the authority to enter into this Agreement.

Severability

If any provision of this Agreement shall be held to be invalid or unenforceable for any reason, the remaining provisions shall continue to be valid and enforceable. If the Court finds that any provision of this Agreement is invalid or enforceable, but that by limiting such provision it would become valid and enforceable, then such provision shall be deemed to be written, construed, and enforced as so limited.

Waiver

The failure of either party to enforce any provision of this Agreement shall not be construed as a waiver or limitation of that party's right to subsequently enforce and compel strict compliance with every provision of this Agreement.

Applicable Law

This Agreement shall be governed and construed in accordance with the laws of the state where both Parties reside, without giving effect to any conflicts of laws provisions. If the Parties reside in different states, this Agreement shall be governed and construed in accordance with the laws of the State of Virginia, without giving effect to any conflicts of laws or provisions.

I have read and agree to all the above:

My acceptance reflects a complete understanding of the parties with respect to the subject matter. This Agreement supersedes all prior written and oral representations. The Agreement may not be amended, altered or supplemented except in writing signed by both the Coach and myself.

BY CLICKING ON THE CHECKBOX AND AFFIXING MY SIGNATURE BELOW, I AM AGREEING THAT I HAVE READ, UNDERSTOOD AND AGREE TO THE ITEMS CONTAINED IN THIS DOCUMENT.

Signature: _____

Date: _____