



SERENITY LIFE COACHING

Agreement and Consent Form

The following represents the Agreement and Consent form between Serenity Life Coach _____, and _____, known as the "Client". The Services contracted shall be that of life coaching, as set out below (Serenity Life Coaching). Please read it carefully and raise any questions or concerns that you have with me before agreeing to the contract. This agreement will begin upon acceptance by Client and shall remain valid for the duration of the Client-Coach relationship. The Contract shall be in force for a period of _____ month(s), beginning the _____ day of _____, 20____, and ending the _____ day of _____, 20____. Number of sessions _____ per week/biweekly and will last 50 minutes at a rate of \$_____. The services provided by Serenity Life Coaching are generally conducted via Doxy.me (online), or in person. Coaching is a partnership focused on developing the client's awareness, thinking, and abilities in order to help the client identify and achieve his/her life related goals. In coaching conversations, I will be direct and honest and encourage the Client to do the same. The success of the coaching engagement depends upon the Client's commitment and openness to the process. If the Client believes that coaching is not working as desired, the Client agrees to communicate this to the Coach. Please note that life coaching should not be used as a substitute for counseling, psychotherapy, psychoanalysis, mental health care or substance abuse treatment and I will not use it in place of any form of diagnosis, treatment or therapy.

Terms of Coaching

What is Life Coaching

Coaching is a relationship-based activity focused on identifying and moving towards your goals and desires for your life. The coach is a counselor partner to move the client toward their desired personal, professional, and relational goals. Coaches are often very knowledgeable in a set niche, and a coach may share training and guidance, but the coach does not independently dictate the client's goals or action items to move forward.

Coaching is different from counseling or mentoring. Unlike counseling, coaching does not profoundly explore past experiences, traumas, or hurts. Instead, coaching focuses on actions to take in the present to impact the future. Coaches do not diagnose or treat mental illness, though coaches may provide references to mental health professionals if needed.

Christian Coaching is done from a biblical perspective and allows clients to utilize their faith within the coaching sessions. Goal setting is done with reverence to the client's Christian understanding of a productive and God-honoring life. The coach may encourage their client using a Christian understanding of individual value and identity. In Christian coaching, focus areas may include a client's discovery of their calling, spiritual gifts, or integrating their faith into other areas of discuss Christian beliefs within sessions.

Terms of Coaching

The Coach and Client Roles and Relationships

The client's role is to prioritize coaching sessions and identified action items in their life. The client chooses their goals, prioritizes what to work towards, and has autonomy in agreeing on homework between sessions. A coachable attitude is open, vulnerable, receptive, and positive.

The coach's role is to create a positive and supportive environment, set-up professional and productive processes for scheduling and payment, ask good questions, and help the client brainstorm actions to achieve desired goals. The coach is responsible for keeping sessions on track and on time and giving thoughtful feedback on the client's progress.

The coach and client agree to be prompt, and honest in sessions

Coaching is Not

Treatment for any mental health, substance abuse, or psychological disorder

A substitution for legal or medical advice

A relationship in which the coach tells the client what to do or "fixes" the client's problems

A guarantee of desired outcomes within the client's life

I invite you to think of Coaching as a process. Many people create change for themselves in a short time. However, to refine and sustain the change takes several months. Although not binding, I would ask that you expect our Coaching relationship to last at least 3 months.

My Coaching Commitment

- I will honor the time that we are together and hold your confidences.
- I will not judge you and will respect your perceptions of the world.
- It is not my job to change you. It is my privilege to bring into awareness, clarity of choices, and if you choose, action to your life.
- This is my personal commitment to you be impeccable with my word and keep my commitments to you.
- I will present an open heart.
- I will always hold you in positive focus. We will concentrate on what is working in your life and how to create more that will work for you.
- I believe you have all the answers within.

CONFIDENTIALITY

Serenity Life Coaching fully protects the privacy and confidentiality of the communications with its Clients. At no time will Serenity Life Coaching voluntarily divulge the coaching relationship between themselves and their Clients without written permission from the Clients, unless required to do so by law. Serenity Life Coaching will keep information you share with strict confidence. Confidentiality is guaranteed even if your family member or employer pays for your coaching sessions. I will protect all information that you share with me.

Suppose you want me to share information from our session with a third party, such as a counselor, in that case, you will need to provide written consent following a conversation with me about what information is to be shared.

An exception to my ability to keep confidentiality is that I must disclose the information if required by law. If the information you tell me relates to the harm of yourself or others, I will need to notify appropriate authorities to keep you safe.

CODE OF CONDUCT

Both the Coach and Coachee agree to maintain a professional and respectful demeanor throughout the mentorship relationship.

The Parties commit to avoiding any behavior that may be considered discriminatory, harassing, or unethical. Any concerns regarding the conduct of either Party shall be promptly addressed through open communication or, if necessary, through the dispute resolution process outlined in this Agreement.

Rescheduling & cancellation

At the scheduled appointment time, the Client agrees to call the Coach at an agreed upon number. The Coach and client commit to start and finish each session on time. If the client is more than 10 minutes late for a coaching session, the Coach will assume the session is cancelled and the client will forfeit the session fee. Cancellations I ask that you give 24 hours notice if you need to cancel or change the time of appointment. I will make every effort as well, to re-schedule sessions which are cancelled in a timely manner. If a client does not cancel in a timely manner on a regular basis, I will need to end our coaching relationship. Cancellation (less than 24 hours before) and/or no-show appointments are billed to the client for the full amount. Sessions may **be rescheduled or canceled by mutual agreement between the Coach and Client with reasonable notice.** In the event of a cancellation, the canceling Party shall provide as much notice as possible to allow for rescheduling. The Parties commit to respecting each other's time and adhering to the agreed-upon schedule. Following your eighth session, should you choose to book additional sessions, please email or text your coach informing of your decision. Additional sessions will be discounted by 10%

FEES

Your Fee will be due at the time of each session. If you are unable to make payment at the time, talk about your options with your coach. Falling behind in payments will suspend sessions until payment is reached in full.

SIGNATURES

This Agreement may be executed in counterparts, each of which shall be deemed an original but all of which together shall constitute one and the same instrument.

The Parties acknowledge that they have read, understood, and agreed to the terms and conditions outlined in this Coaching Agreement, and each Party's representative hereby signs below to indicate their acceptance.

Coach's Full Name

Coach's Signature

Date

Client's Full Name

Client's Signature

Date