

LIFE COACHING AGREEMENT

Agreement between: Through the Tears Life Coaching, 350 Willow Grove Street, Hackettstown, NJ 07840 (Coach) and [REDACTED] (Client), whereby Coach agrees to provide Coaching Services for Client focusing on the goals attached to this Agreement.

Description: Coaching is partnership between two or more individuals or entities (defined as an alliance, not a legal business partnership, and is instead more like a teacher-student or coach-athlete relationship) between the Coach and the Client in a thought-provoking and creative process that inspires the Client to maximize personal and professional potential. Each party must uphold their obligations for the coaching relationship to be successful.

Responsibilities:

1. Coach agrees to maintain the ethics and standards of behavior established by the International Coach Federation (IFC), an internationally recognized standard for coaching.
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. Coach agrees to partner with Client to identify and achieve Client's personal and/or professional goals. Client will create powerful results by having the courage and determination to forward the action in Client's life by taking action on Client's determined personal and professional goals. Client realizes that anything less than Client's intentional full participation will not lead to Client's success. Coach cannot guarantee results. Client is solely responsible for implementing the techniques discovered through coaching. Client acknowledges and agrees that coaching is a comprehensive process that may explore different areas of his/her life, including work, finances, health and relationships, but it is ultimately the Client's decision how he/she incorporates coaching into each aspect of life.
4. 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 such matters. If Client is currently under the care of a mental health professional, Coach will recommend that Client inform the mental health care provider.
5. Client agrees to communicate honestly, be open to feedback and suggestions, and to fully engage and devote himself/herself to the coaching process. Coach's objective is to have a coaching relationship that is fully open, honest, real, and trusting in communication styles, while maintaining professional standards.

6. Coach agrees to bring attentive listening, understanding, belief in Client and Client's commitment to success. You can expect the Coach to challenge you, offer fresh perspectives, make requests (including assigning homework), acknowledge your wins, and guarantee utmost confidentiality (to the fullest extent of the law, and so long as Coach doesn't fear for Client's or another's safety).

Services: The parties agree to engage in a weekly and/or monthly Coaching Program through in-person, internet, or telephone meetings as agreed to by Coach and Client.

Schedule & Fees: The fee is **\$80/hour per session** (or **\$240/month, paid in advance** - for a total of four (4) once per week sessions per month). The calls/meetings shall be **60 minutes** in length per session. Payment is expected as services are rendered, unless other written arrangements have been made and signed by both parties.

Procedure: The time of the coaching meetings and/or location will be determined by Coach and Client based on a mutually agreed upon time. The Client will initiate all scheduled calls and will call the Coach at the following number for all scheduled meetings: **908-509-4772**. If the Coach will be at any other number or internet link for a scheduled call or video call, Client will be notified prior to the scheduled appointment time.

Cancellation Policy: Client agrees that it is the Client's responsibility to notify the Coach **24 hours in advance** of the scheduled calls/meetings via phone call at **(908) 509-4772** or via email at ***nicolemarie@throughthetears.com***. Coach reserves the right to bill Client for a missed meeting at the rate of **\$30.00 per missed session**.

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.

Termination: Either the Client or the Coach may terminate this agreement at any time with 1 week's notice.

Limited Liability: Except as expressly provided in this agreement, the Coach makes no guarantees or warranties, express 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 30 days after notice given. If the dispute is not resolved, and in the event of legal action, the prevailing party shall be entitled to recover attorney's fees and court costs from the other party.

The Parties agree to the terms and conditions set forth above as demonstrated by their signatures as follows:

“CLIENT”

“COACH”

Signed: _____

Signed: _____

By: _____

By: Nicole Marie _____

Date: _____

Date: _____

Coaching Goals:

Client wishes to obtain Coach’s services in order to achieve the following goals/to maximize the following area of his/her life:

“CLIENT”

“COACH”

Signed: _____

Signed: _____

By: _____

By: Nicole Marie _____

Date: _____

Date: _____