Life Coaching Agreement

This agreement outlines the terms and conditions underlying the service of coaching provided to the

Client. In consideration of the mutual promises, covenants and Agreements made below, the parties,

intending to be legally bound, agree as set out below:

Description of Coaching: 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. It is designed to facilitate the

creation/development of personal, professional, or business goals and to develop and carry out a

strategy/plan for achieving those goals.

1) Coach-Client Relationship

Client is solely responsible for creating and implementing his/her own physical, mental and emotional

wellbeing, decisions, choices, actions, and results arising out of or resulting from the coaching

relationship and his/her coaching calls and interactions with the Coach. As such, the Client agrees

that the Coach is not and will not be liable or responsible for any actions or inaction, or for any direct

or indirect result of any services provided by the Coach. Client understands that 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.

Client acknowledges that coaching is a comprehensive process that may involve different areas of

his or her life, including business, finances, health, relationships, spirituality, social leadership,

education and recreation. The Client agrees that deciding how to handle these issues, incorporate

coaching principles into those areas and implementing choices is exclusively the Client’s

responsibility.

Client acknowledges that coaching does not involve the diagnosis or treatment of mental disorders

and that coaching is not to be used as a substitute for counselling, psychotherapy, psychoanalysis,

mental health care, substance abuse treatment, or other professional advice by legal, medical or other

qualified professionals and that it is the Client’s exclusive responsibility to seek such independent

professional guidance as needed. If Client is currently under the care of a mental health professional,

it is recommended that the Client promptly inform the mental health care provider of the nature and

extent of the coaching relationship agreed upon by the Client and the Coach.

The Client understands that in order to enhance the coaching relationship, the Client agrees to

communicate honestly, be open to feedback and assistance and to create the time and energy to

participate fully in the program.

2) Procedure, Schedule, and Fees

This coaching agreement is valid as of the:

The time of the coaching meetings and/or location will be determined by the Coach and Client based

on a mutually agreed upon time. The sessions can be done both online and in person.

The number of sessions is usually 6 sessions over a three-month period. It is a commitment for both the client and coach and the coach will be there to support the client and hold the client accountable but, it is up to the client to fully commit in order to see the results that they desire.

3) 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 by the principles of confidentiality set forth in the

Code of Ethics.

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

It’s 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) the Coach is required by statute, lawfully issued subpoena, or by a court order to

disclose; (f) is disclosed to the Coach and because of such disclosure the Coach reasonably

believes there to be an imminent or likely risk of danger or harm to the Client or others; and (g)

involves illegal activity. The Client also acknowledges his or her continuing obligation to raise any

confidentiality questions or concerns with the Coach in a timely manner.

5) It is the responsibility of both the coach and client to Avoid discrimination by maintaining fairness and equality in all activities and operations, while respecting local rules and cultural practices. This includes, but is not limited to, discrimination based on age, race, gender expression, ethnicity, sexual orientation, religion, national origin, disability, or military status. A breech of these rules may result in the termination of the coaching sessions, this decision can be made by both the coach and client.

4) Cancellation Policy

In the event that the Coach is unable to meet the standards as discussed in this contract, the Client

may be eligible for a partial refund for the remaining weeks. Client agrees to compensate the Coach

for all coaching services rendered through and including the effective date of termination of the

coaching relationship.

5) Limited Liability

Except as expressly provided in this Agreement, the Coach makes no guarantees, representations or

warranties of any kind or nature, express or implied with respect to the coaching services negotiated,

agreed upon and rendered. In no event shall the Coach be liable to the Client for any indirect,

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 shall be limited to the amount actually paid by the Client to the Coach under this Agreement for all coaching services

Date:



Date:

