

# Lifeguide, LLC

Matthew Kasl, MA, PC, CPC, ADHD-CCSP  
(440) 623-3523  
MattKasl.LifeguideLLC@gmail.com

## COACHING CONTRACT

**Client Name:** \_\_\_\_\_

### **Coaching Objectives:**

- To develop a stronger sense of self-awareness by reviewing strengths, weaknesses, achievements, and downfalls that have been experienced to develop more optimal approaches.
- Enhance awareness of challenges presented by Executive Function to develop skills and tools addressing these challenges.
- To develop self-management by listing both personal and educational/professional goals and improving performance by developing personally appropriate methods.
- Assessing and addressing environmental factors to optimize successful efforts.
- Assess, address and develop integration of key individuals in support network.
- Identify, develop and follow up on SMART goals.
- Education and enhancement of skills related to Executive Functions including personalized toolbox of aids and strategies.

### **Coaching Structure:**

50-minute weekly sessions to be scheduled for consistent time to meet both coach and client availability. Consistent regular contact through personal meetings/texts/email may be added, as agreed to by client, to stay on course with the objectives for the duration of the selected time period with an overall assessment at the end of this time period to determine if any further development is needed. Coach will be available 5 days per week, Monday through Friday, 8:00 AM to 6:00 PM unless otherwise agreed, and will respond to inquiries within 24 hours of receiving them during these days.

### **Confidentiality:**

Anything shared by the client is strictly confidential with the following exceptions; Any expressed ideas for reasonable suspicion of real intent to harm self or others.

**Coaching Term Agreements:**

The client agrees to forfeit a session if he or she does not cancel within a 24-hour period, or if he or she is more than 15-minutes late for a session. A make-up session will be provided if cancellation is requested prior to the 24-hour time frame.

The client is responsible for his or her own achievements and success. The coach does not and cannot promise that the client will take any specific action or attain any specific goals.

**Coaching Fee Structure:**

The fee structure for a 1-month contract beginning on the first scheduled session and ending after four scheduled individual session. Continued communication through text and or email is may be added for an additional fee. Any additional meetings may be added per request at the regular weekly rate.

**Invoicing:**

Payment is required at the start of the contract.

Payments can be made through the link on the Lifeguide LLC website. Additional payment arrangements may be made upon request and can include Venmo, PayPal or CashApp.

The signing of this form by constitutes an acceptance of the above stated terms. The terms of the agreement will apply unless modified in subsequent letter. This document may be signed and returned or you may agree by sending an email stating these terms and have been reviewed and agreed to, to [MattKasl.LifeguideLLC@gmail.com](mailto:MattKasl.LifeguideLLC@gmail.com)

Date: \_\_\_\_\_

X

Client or Legal Guardian

X

Matthew Kasl  
Coach

Signature: \_\_\_\_\_

Print \_\_\_\_\_