

Holistic Health Coaching (HHC) Agreement

Coaching is a collaborative process with an ongoing relationship between the Client and Coach. The coaching experience supports the Client in establishing new behaviors. The coaching relationship is strengths-based, forward-looking, and collaborative. The coaching agenda is developed and implemented in partnership between the Client and Coach. The role of the Coach is to help the Client progress toward achieving a goal.

- The Client and Coach agree to engage fully in the coaching experience.
- The Client recognizes that coaching is not therapy, counseling, or consulting.

Avail's Holistic Health Coaching (HHC) program leads with the big picture as we address your mind, body, and spirit needs. The Avail's HHC package is a whole health program designed to help you create lasting habit changes. We use an integrative approach to both diet and lifestyle changes to improve your **health holistically**. Working as a guide toward an overall healthier life, we will look at your nutrition patterns, relationships, physical fitness, spirituality, and more.

What to Expect from Avail's Holistic Health Coaching?

Avail's HHC program conducts an initial interview, assesses your current health, and works with you to develop a personalized plan.

During the client-coaching relationship, we will:

- **Coach and educate** you about how to achieve and sustain good health such as a daily routine involving whole, nutritious foods, exercise, stress management, and adequate sleep.
- **Guide** you in the process of goal and intention setting.
- **Empower** you to achieve optimal health, for the present and the future, through addressing any imbalances caused by improper nutrition, lifestyle stressors, poor quality sleep, insufficient water, lack of exercise, and relaxation.
- **Educate** you to evaluate your lifestyle choices and to identify and change any potential causes of ill health or low vibration.
- **Create** a healthy environment, conduct educational activities and demonstrations, and support you in reaching your personal wellness objectives.
- **Recognize** when it is necessary to refer you to your primary care physician and/or trained mental health professional for treatment and/or diagnosis.

During the client-coaching relationship, we DON'T:

- Tell you what changes to make.
- Provide medical advice.

- Diagnose, treat, cure, or heal any disease or condition.
- Recommend or tell you to take supplements or to follow a particular diet. Health coaches educate you on supplements that might be helpful and leave it up to you to decide if you want to take them.
- Run tests or interpret lab results. This is out of our scope of practice.
- Make health claims without scientific basis.

Below is a chart that explains the difference between Holistic Health Coaching and Traditional Therapy (Psychotherapy).

Holistic Health Coaching (HHC)	Therapy (Psychotherapy)
Does not diagnose or treat.	Diagnoses and treats.
Trained to work with functioning clients.	Trained to work with major mental illness.
Emphasis on present and future.	Emphasis on past and present.
Action and being oriented.	Insight oriented.
Coach and client ask: “What’s next/what now?”	Therapist and client ask: “Why and from where?”
Works mainly with external issues.	Works mainly with internal issues.
Contact between sessions for accountability and “wins” expected.	Contact between sessions for crisis and difficulties only.

Ineligibility Criteria for HHC service:

- Currently involved in court or legal issues (probation, parole, deferred adjudication)
- Child and Adult protective services involvement
- Couples in or moving towards divorce proceedings.
- Involvement in Current Child Custody Cases
- Court-ordered services
- Struggling with drugs and alcohol as a primary issue
- Suffering from chronic mental illness
- Any issue outside of the therapeutic competency of our counseling staff
- History of personal self-harm

Discharge of HHC Services and/or Therapy Referral Guidelines:

- The client has an active mental illness (depression, acute anxiety, etc.)
- The client has a substance abuse problem.

- The client is in a situation characterized by emotional or physical abuse or threats of abuse*
- The client has mentioned thoughts of suicide or attempted suicide*
- The coach feels as if (s)he is coaching outside his/her limit of competency.
- The client shows no progress.
- The client discontinued services/contact.

Confidentiality

The Coach agrees to keep all conversations and information with the Client private and confidential, as allowable by law. No personal information will be shared with anyone without the Client's express permission. Exceptions may be made if there is an imminent threat of serious injury to oneself or someone else.

Coaching Commitment

By entering into this relationship, the Client and Coach acknowledge that the Client desires to make a behavioral change or some type of improvement in his or her life. Behavioral change often takes time to implement and sustain. The pace of change is uncertain and varies amongst individuals.

Coaching Meeting Procedures

Coaching sessions may occur in person, by phone, through video conference, or over email, depending on the venue that works best for the Client and what coaching package is selected.

- The Coach and Client agree to adhere to established appointment times.
- The Coach and Client agree to begin and finish all appointments on time. If the Client is more than 15 minutes late to an appointment, the Coach will assume that the appointment is canceled, and the Client will be responsible for the full coaching fee. If the Coach is more than 15 minutes late to an appointment, the Client may assume that the session is canceled, and the Client shall not be responsible for any additional payment for that session.
- The Client agrees to cancel or reschedule an appointment at least 24 hours in advance, without a change fee. Any changes or cancellations within 24 hours are subject to a 50% cancellation fee.

Coaching Plans

Our coaching plans are designs to work on momentum. In order to receive the maximum expected benefits from your coaching package, it is essential that you follow through with coaching meetings and utilize tools between coaching meetings.

The following is included in your plan:

- 30 minute Consultation to determine your current holistic health goals and whether Avail's HHC is the right fit for you.
- 60-90 minute HHC Mind, Body, Spirit intake to explore your current holistic health goals and develop a personalized, habit plan that addresses 1-2 mind, body, spirit SMART goals tailored to YOU.
- Weekly 45 minute HHC virtual or in person meetings. These will include:

- Holistic Lifestyle recommendations, however we always let you choose your own course or action.
 - Suggestions specific to your needs and goals
 - Review of your action steps to hold you accountable and keep you motivated to reach your goals.
 - Revision of goals and/or action steps, if necessary.
 - Progress Charting.
 - Self-help materials to support goal achievement.
 - Sessions may include Reiki, Crystal Healing, Yoni Steaming, Smudging, Meditation, Mindfulness Training, etc.
- Weekly (Holidays excluded) email or text support between meetings. These will include:
 - Positive Affirmations to maintain optimism as you journey to enhanced health.
 - Motivational Messages specific to you.
 - Friendly Reminders for accountability.
 - Health Tips for increased knowledge and manageability.
 - Audio Files with guided meditations or calming music.
 - Handouts specific to your needs.
 - Optional worksheets to increase capacity to build new habits.
 - Develop a Sustainability Plan to ensure your success.

Coaching Fees

Specific coaching fees and packages are subject to change. See chart below.

A la carte, Fees are payable at the time of scheduling.

A la carte Services:

- HHC Mind, Body, Spirit Assessment \$225 (virtual only); \$275 (in person)
- HHC virtual meetings \$150 per session
- HHC face to face meetings \$175 per session (CDC guidelines & Covid-19 Policy required)

Payments may be made by cash, check, credit card, or electronic funds transfer (EFT).

Holistic Health Coaching (HHC) Packages

WHAT'S INCLUDED	4 WEEK (VIRTUAL)	4 WEEK (IN PERSON)	8 WEEK (VIRTUAL)	8 WEEK (IN PERSON)
Comprehensive Mind, Body, Spirit Evaluation	✓	✓	✓	✓
Weekly Meetings	✓	✓	✓	✓
Unlimited email or text support between meetings	✓	✓	✓	✓
Special Features such as Reiki, Crystal Healing, Guided Meditation, Mindfulness Training, Smudging, etc.	✓	✓	✓	✓
Holistic Healing Kit			✓	✓
10% Off Avail Wellness Academy Courses			✓	✓
Value	\$675	\$800	\$1275	\$1500
Investment Option 1: Prepay	\$525	\$650	\$1125	\$1350
Investment Option 2: Automatic Bimonthly Payment	2 @ \$337.50	2 @ \$400	4 @ 318.75	4 @ 375



Affiliate/Distributor Products

Avail is a Tree of Life Botanicals Distributor and Goli Partner. The products recommended on Avail’s website or through coaching/consulting materials are those that coaches are familiar with or endorse. They are included because we believe that they may be of interest to you. You are never obligated to purchase any additional materials or services other than those services already agreed upon here.

Acknowledgement and Release of Liability: By signing below, you acknowledge that you have reviewed and fully understand the terms and conditions of this Agreement. You have discussed such terms and conditions with your provider and have had any questions with regard to its terms and conditions answered to your satisfaction. You agree to abide by the terms and conditions of this Agreement and consent to participate in holistic health coaching.

Moreover, in consideration of the benefits to be derived from coaching, the receipt whereof is hereby acknowledged, you hereby indemnify and hold harmless, release, remise and forever discharge and covenant not to sue or hold legally liable Avail Outpatient Counseling LLC, Tangee Augustin, LCSW, CMHIMP and Dr.

Shawnrell Blackwell, PhD, QMHP-A from any and all claims, demands, damages, actions or causes of action whatsoever related to coaching, holistic products and services provided.

Print Full Name

Date

Signature

Date