

COACHING AGREEMENT

This agreement is made between: Michelle Bergemann (Coach) and _____(Client).

Both parties agree to the following:

Commitment/Responsibilities:

1. Coaching is an ongoing relationship between a Coach and a Client. Changing habits and creating possibilities is a process. Coaching is a structure that facilitates the process of personal development. The Client and Coach agree that the coaching relationship will be designed together.
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 mental health therapy and does not substitute for mental health therapy if needed, and does not prevent, cure, or treat any mental disorder or medical disease.
3. 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.

Services: The parties agree to engage in a Coaching Relationship through in-person and/or Zoom meetings by appointment. The time and location will be agreed upon by Client and Coach. The meetings shall be 30 or 60 minutes in length. Should Client need to contact Coach in between scheduled meetings, Coach will be available to Client by e-mail and voicemail on a non-emergency basis.

Schedule & Fees: This coaching agreement is valid as of December 17, 2022.

The fee is \$110 per 60 min session/60\$ per 30 minute session. Payment is preferred weekly, prior to any scheduled sessions. Other options may be available.

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. The Coach agrees not to disclose any information pertaining to the Client without the Client's written consent. Confidential information does not include information that the Coach is required by law to disclose.

Cancellation Policy: Client agrees that it is the Client's responsibility to notify the Coach 24 hours in advance of the scheduled meetings. If 24 hours notice is not provided for cancellation, the Client will be charged the full amount.

Termination: Either the Client or the Coach may terminate this agreement at any time.

By signing this document, I acknowledge that I have read and understand the provisions of this agreement.

_____ Signature _____ Date