

## **Carolyn Lallemand PA**

**www.CJLCoach.com / +1.727.807.0051 / carolyn@cjlcoach.com**

### **Coaching Services**

The services to be provided by the coach Carolyn Lallemand PA (Provider) to the client are face-to-face or telephone coaching. This coaching service may address specific personal challenges, business issues, or general conditions in the client's life or profession. Other coaching services may involve values clarification, brainstorming, identifying plans of action, examining modes of operation in life, asking clarifying questions, and making empowering requests or suggestions for action. Additionally, the client may be asked to reflect on difficult topics or situations which may result in an expression of emotions.

Throughout the working relationship, the coach will engage in direct and personal conversations. The client understands that successful coaching requires a co-active collaborative approach between client and coach. In the coaching relationship, the coach plays the role of a facilitator of change, but it is the client's responsibility to enact or bring about the change.

This is a two-way partnership. If the client believes the coaching is not working as desired, the client will communicate this with the coach as soon as possible and either request the coaching strategy be restructured to address the client's desired outcome of coaching, or the client may always freely change to another coach.

### **Prior History and Current Treatment**

The client also agrees to disclose details of the past or present psychological or psychiatric treatment. Coaching and counselling are not the same. Likewise, coaching shall not be considered equivalent to therapy and other modes of professional or medical psychological examination.

- **Are you in therapy?** \_\_\_\_\_
- **Do you take anti-depressants?** \_\_\_\_\_
- **Are you under a doctor's care for any medical or emotional condition?** \_\_\_\_\_
- **Do you drink? If so, how many per week?** \_\_\_\_\_
- **Do you take recreational drugs?** \_\_\_\_\_

### **Confidentiality**

All information about the coach/client relationship will remain strictly confidential except in very rare circumstances where decreed by law; ie. where the court might issue a subpoena for the file or information. If you wish for me - as your coach - to speak to someone outside our interactions, you need to give me written permission (original letter or email) to do so. Exceptions to confidentiality of course relate to circumstances such as intent to seriously harm someone, child abuse, thoughts of suicide etc. Otherwise, all remaining information is kept confidential. In relation to the use of technology it is important to be aware that for some clients, there is a risk in using certain media such as the internet, mobile phones, etc. If you use these to communicate with me, then I will assume that it is appropriate to continue to do so in my interactions with you.

### **Release of Liability**

I will, at all times, exercise my best professional efforts, skills and care. However, my comments are expressions of opinion only and I cannot guarantee the outcome of coaching efforts and/or recommendations and by participating in or reading my coaching service/website/blog/email series (if any), and you (the client) acknowledge this as well as the fact that I am not a licensed psychologist or health care professional and my services do not replace the care of these professionals. Coaching is in no way to be construed or substituted as psychological counseling or any other type of therapy or medical advice.

You (the client) agree that using any of these life coaching services are entirely at your own risk. Life coaching services are provided "as is", without warranty of any kind, either expressed or implied, including without limitation any warranty for information services, coaching, uninterrupted access, or products and services provided through or in connection with the service. This service is requested at the client's own choice and with inherent singular responsibility, therefore you, the client, understands and acknowledges the coach will not be liable legally or otherwise, for the decisions and/or actions the client may or may not undertake as a result of the

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life coaching sessions or advice as this is done so solely by choice and responsibility of the client and is neither the responsibility nor liability of Carolyn Lallemand PA (Provider).

**Payment Policy, Cancellation and Termination Policy**

Coaching is an investment in the oneself and a monetary commitment often plays a role in the level of commitment of the client, therefore payment is due in advance or within 3 days of the session. 24-hour cancellation notice is required or 1/2 payment for the session will be due before any rescheduling.

Coaching is a commitment by both of us to YOU. Please arrange your schedule to ensure there are no distractions such as exercise or interruptions such as texting.

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Coaching Client / Date

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Personal Coach / Date