

Empowered Calling



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I am looking forward to coaching with you! I believe we are meant to live full and productive lives filled with joy and hope. Because of challenges, trials and blocks in life we often need the help of a third party or coach to help us see things from a different perspective and offer encouragement. I believe our coaching relationship can challenge and encourage you to make changes and move forwards. For clarity, I want you to be familiar with my terms and conditions. If you have any questions, please feel free to ask.

Terms and Conditions: I understand that personal coaching is a relationship I have with my coach that is designed to help me develop and establish short and long-term goals and develop and implement strategies to achieve those goals that may involve all areas of my life including work, finances, health, relationships, education and recreation. I understand that I am fully responsible for my choices and decisions and may discontinue coaching at any time. With the coaching process:

- Together we set the agenda for each session based on what you want to learn.
- You will try to complete the action steps before the next session.

Fee: \$50 per one hour session

Changes: If I need to reschedule, I will give at least 24 hours' notice. There may be a time that my coach is forced to reschedule as well, but she will let me know at least a week in advance, if possible.

Confidentiality: My coach will abide by the International Coach Federation (ICF) Code of Ethics. The coach relationship is confidential. For coach credentialing purposes my name and contact information, but not the contents of my coaching, may be given to the International Coach Federation and other qualified organizations.

Feedback: If I feel that some part of our coaching isn't working, I will bring that up so we can resolve it. Coaching is a two-way relationship, and my coach will need and appreciate my feedback.

Mental Health Issues: I understand that coaching does not involve the diagnosis or treatment of mental disorders. I understand that coaching is not a substitute for counseling or mental health care and I will not use it in place of any form of diagnosis, treatment or therapy. If I, or my child is currently in therapy or otherwise under the care of a mental health professional, my provider is aware and supportive of my decision to proceed with life coaching.

I agree to the above.

Coachee Signature _____ Date _____

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