



JOURNEYS VIBRANT LIVING COACHING AGREEMENT

This Agreement is entered into by and between:

| | |
|--|---------------------------------|
| Name of coach: | Name of client/ Contact Person: |
| Phone number: | Phone number: |
| Email address: | Email address: |
| Vibrant Living Coaching Journeys Counseling Ministry PO Box 10670 Costa Mesa, CA 92627-0216 | Name of business or church: |
| | Address: |
| | City, State, Zip Code: |

whereby the coach agrees to conduct Vibrant Living Coaching services with client focusing on the following mutually generated goals (attached or listed here):

| |
|----------|
| Goal #1: |
| Goal #2: |
| Goal #3: |
| Goal #4: |

VIBRANT LIVING COACHING PHILOSOPHY

Journeys' Vibrant Living Coaching (VLC) is a growth process grounded in Christian principles, contributing to a more abundant life (John 10:10b) for individuals, families, leaders, and ministries. VLC integrates wisdom from Scripture, science, and research from psychology and systems theory to enable clients to thrive in a world of chaos. VLC coaches work alongside clients to encourage behavior aligned with Scriptural values, leading to God-designed Vibrant Living.

VLC leads to the maximizing of each person's God-given potential, recognizing the talents and passions God has placed in each person's heart, and understanding the resources available to us when we intentionally direct the focus of our heart, mind, soul, and strength. Through collaboration with a Journeys VLC coach, obstacles to this process are identified and new patterns and habits formed leading to a more fulfilled and vibrant life.

COACHING OR THERAPY?

The International Federation of Coaching defines coaching as “partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.” It is important to understand that coaching is **not** psychotherapy nor is it a substitute for therapy. It can be useful to consider the differences between the two before engaging in a coaching agreement to determine which service would best meet your needs:

Coaching:

- Less formal; collaborative partnership
- Future-focused and proactive
- Focus on *growing*: setting goals and attaining dreams, getting “unstuck,” managing the process of positive change
- May not diagnose or treat mental illness or disorder
- Not regulated by any government agency
- No license or certification required
- Information shared is considered private

Psychotherapy:

- More formal; “expert-patient” relationship
- Often past-focused and reactive
- Focus on *healing*: overcoming problems, resolving issues causing past or current emotional pain or impaired functioning
- Includes the assessment, diagnosis and treatment of mental illness or disorder
- Regulated by state and local government agencies
- License and/or certification required to practice
- Information shared is confidential and legally protected

If you have any questions about the difference between coaching and therapy please discuss these with your VLC coach. If it seems that psychotherapy would benefit to you at this time, or at any time during our work together, we will be happy to provide you with a list of possible referrals.

Procedures, Scheduling and Fees

1. The coach and client agree to engage in ___ sessions of Vibrant Living Coaching. Any time during these sessions more sessions may be added to accomplish the goals defined by the client and their coach. At the end of the agreed upon number of sessions an evaluation will be given as to what was accomplished and what new goals may be added along with more sessions.
2. This coaching agreement is valid as of the date of signature below. The fee is \$_____ per standard session. The coach may also be available for additional time, per client's request on a prorated basis of the fee agreed upon. In addition to the standard session, the coach can be available for tasks such as reviewing documents, reading or writing reports, or engaging in other client-related services outside of coaching hours.
3. Standard meetings/calls will be 50 minutes in duration. The time and/or location of coaching meetings will be determined and mutually agreed upon by the coach and client. Client agrees that it is the client's responsibility to notify the coach 24 hours in advance of the scheduled calls/meetings if client needs to cancel. Coach reserves the right to bill client for a missed meeting. The coach will attempt in good faith to reschedule a missed meeting.

Coach-Client Relationship

Although Journeys VLC coaches are not members of the International Coach Federation, we aspire to maintain the ethics and standards of behavior established by the ICF. We recommend that the client reviews the ICF Code of Ethics as part of this agreement.

1. Although the coach-client relationship is professional and private, it is not considered a legally confidential relationship (like the medical and legal professions), and thus communications are not subject to the protection of any legally recognized privilege. However, the coach agrees not to disclose any information pertaining to the client without the client's written consent. This does **not** include information that: (a) was in the coach's possession prior to its being furnished by the client; (b) is generally known to the public or in the client's industry; (c) is obtained by the coach from a third party, without breach of any obligation to the client; (d) is independently developed by the coach without use of or reference to the client's confidential information; or, (e) the coach is required by statute, lawfully issued subpoena, or by court order to disclose; (f) is disclosed to the coach and as a result of such disclosure the coach reasonably believes there to be an imminent or likely risk of danger or harm to the client or others; or (g) involves illegal activity. The coach will not disclose the client's name as a reference without the client's consent. The client acknowledges the continuing obligation to raise any privacy questions or concerns with the coach in a timely manner.
2. The coach will keep brief written and/or electronic records of meetings as well as copies of any documents, information, and data acquired or shared during the term of the coach-client relationship. Such records will be considered private and will not be shared with others. Records will be maintained by the coach for a period of not less than 3 years.
3. Client acknowledges that coaching is a comprehensive process which may involve different areas of life, including work, finances, health, relationships, education, and recreation. The client agrees that deciding how to handle these issues, incorporate coaching principles into those areas, and implementing choices is exclusively the client's responsibility. The client agrees to communicate honestly, be open to feedback and assistance, and to create the time and energy to participate fully in the coaching process.
4. Client acknowledges that coaching does not involve the diagnosis or treatment of mental disorders. Coaching is not a substitute for counseling, psychotherapy, pastoral care, mental health care, substance abuse treatment, or other professional advice from a legal, medical, or other

qualified professional, and it is the client's responsibility to seek such independent professional guidance as needed. If client is currently under the care of a mental health professional, it is recommended that the client promptly inform their provider of the nature and extent of the coaching relationship agreed upon by the client and coach.

5. Except as expressly provided in this agreement, the coach makes no guarantees, representations, or warranties of any kind or nature, express or implied, with respect to the coaching services negotiated, agreed upon and rendered. In no event shall the coach be liable to the client for any indirect, consequential, or special damages. Notwithstanding any damages that the client may incur, the coach's entire liability under this agreement, and the client's exclusive remedy, shall be limited to the amount actually paid by the client to the coach under this agreement for all coaching services rendered through and including the termination date.

6. Either the client or the coach may terminate or discontinue this coaching agreement at any time in writing. The client agrees to compensate the coach for all coaching services rendered through and including the effective date of termination of the coaching relationship.

I have read and voluntarily agree to engage in the Vibrant Living Coaching process and relationship.

Client signature

Date

Representative's title – church or business

Journeys VLC Coach signature

Date

