



## Life Coaching Agreement

The following represents the Contract between **Golden Life Counseling & Coaching, LLC**, and \_\_\_\_\_, known as the "Client". The Services contracted shall be that of life coaching, as set out below (Golden Life Counseling & Coaching, LLC). Please read it carefully and raise any questions or concerns that you have with me before agreeing to the contract. This agreement will begin upon acceptance by Client and shall remain valid for the duration of the Client-Coach relationship

The Contract shall be in force for a period of \_\_\_ month(s), beginning the \_\_\_ day of \_\_\_\_\_, 20\_\_\_, and ending the \_\_\_ day of \_\_\_\_\_, 20\_\_\_.

**Number of sessions per month:** \_\_\_\_\_

**Duration of scheduled session** \_\_\_\_\_

### Services

The services provided by Golden Life Counseling & Coaching, LLC are generally conducted via telephone, Skype or in person. Coaching is a partnership focused on developing the client's awareness, thinking, and abilities in order to help the client identify and achieve his/her work-related goals. In coaching conversations, I will be direct and honest and encourage the Client to do the same. The success of the coaching engagement depends upon the Client's commitment and openness to the process. If the Client believes that coaching is not working as desired, the Client agrees to communicate this to the Coach. **Please note that life coaching should not be used as a substitute for counseling, psychotherapy, psychoanalysis, mental health care or substance abuse treatment and I will not use it in place of any form of diagnosis, treatment or therapy.**

### Terms of Coaching

I invite you to think of Coaching as a process. Many people create change for themselves in a short time. However, to refine and sustain the change takes several months. Although not binding, I would ask that you expect our Coaching relationship to last at least 3 months.

### Confidentiality

Golden Life Counseling & Coaching, LLC fully protects the privacy and confidentiality of the communications with its Clients. At no time will Golden Life Counseling & Coaching, LLC voluntarily divulge the coaching relationship between themselves and their Clients without written permission from the Clients, unless required to do so by law.

## **My Coaching Commitment**

- I will honor the time that we are together and hold your confidences.
- I will not judge you and will respect your perceptions of the world.
- It is not my job to change you. It is my privilege to bring into awareness, clarity of choices, and if you choose, action to your life.
- This is my personal commitment to you be impeccable with my word and keep my commitments to you.
- I will present an open heart.
- I will always hold you in positive focus. We will concentrate on what is working in your life and how to create more that will work for you.
- I believe you have all the answers within.

## **Fees**

Coaching fees are paid in advance of sessions. Payment for Coaching Sessions is to be made online through PayPal or check. In the event Client fails to pay any amount due by 24 hours prior to the scheduled session, it may be cancelled at the Coach's discretion.

## **Coaching Sessions**

At the scheduled appointment time, the Client agrees to call the Coach at an agreed upon number. The Coach and client commit to start and finish each session on time. If the client is more than 10 minutes late for a coaching session, the Coach will assume the session is cancelled and the client will forfeit the session fee.

## **Cancellations**

I ask that you give 24 hours notice if you need to cancel or change the time of appointment. I will make every effort as well, to re-schedule sessions which are cancelled in a timely manner. If a client does not cancel in a timely manner on a regular basis, I will need to end our coaching relationship. Cancellation (less than 24 hours before) and/or no-show appointments are billed to the client for the full amount.

## **Termination of Services**

Either Party may terminate this Agreement immediately upon notice. Notwithstanding the foregoing, Client shall not be relieved of any obligations to pay fees due to Golden Life Counseling & Coaching, LLC solely because of the termination of this Agreement.

## **Limitation of Liability**

IN NO EVENT SHALL Golden Life Counseling & Coaching, LLC BE LIABLE TO CLIENT FOR ANY SPECIAL, PUNITIVE, INCIDENTAL, INDIRECT, OR CONSEQUENTIAL DAMAGES OF ANY KIND IN CONNECTION WITH THIS AGREEMENT.

## **Entire Agreement**

This Contract constitutes the entire agreement between the Client and the Life Coach and the

Life Coach shall not be held responsible and shall remain blameless for any adverse or other consequences, including but not limited to financial, personal, employment or other losses, arising out of decisions or actions the Client may make as a result of the Services provided by the Life Coach.

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Client

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Date

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Life Coach

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Date