

Coaching Agreement

Kendall Carriere- Coach- and _____ - Client- agree to create and work in a coaching relationship regarding individual life issues and/or couples issues. Coaching means we will work collaboratively on your concerns, work on skills, and create practice opportunities outside of the sessions. Should a mental health issue come to light, I will suggest those issues be handled by a mental health provider in your area.

1. Coach- Client Relationship

- A. Client is solely responsible for creating and implementing his/her own physical mental, and emotional well-being, decisions, choices, actions, and results arising out of or resulting from the coaching relationship and his/her coaching calls and interactions with the Coach. As such, the Client agrees that the Coach is not and will not be liable or responsible for any actions or inaction, or for any direct or indirect result of any services provided by the Coach. Client understands coaching is not therapy and does not substitute for therapy if needed, and does not prevent, cure, or treat any mental disorder or medical disease.
- B. Client further acknowledges that he/she may terminate or discontinue the coaching relationship at any time.
- C. Client acknowledges that coaching is a comprehensive process that may involve different areas in his or her 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.
- D. Client acknowledges that coaching does not involve diagnosis and treatment of mental disorders as defined by the American Psychiatric Association and that coaching is not to be used as a substitute for counseling, psychotherapy, psychoanalysis, mental health care, substance abuse treatment, or other professional advice by legal, medical, or other qualified professionals and that it is the Client's exclusive responsibility to seek such independent professional guidance as needed. If the Client is currently under the care of a mental health professional, it is recommended that the Client promptly inform the mental health

provider of the nature and extent of the coaching relationship agreed upon by the Client and the Coach.

- E. The Client understands that in order to enhance the coaching relationship, the Client agrees to communicate honestly, be open to feedback and assistance, and create the time and energy to participate fully in the program.

2. Schedule and Fees

The Client will schedule directly with the Coach. A 24-hour cancellation notice is requested so that another Client may fill the allotted spot. The Client will be charged for the full session if adequate notice is not given. Rates are \$125.00 for a 50-minute session. Sessions will be conducted virtually via Zoom. An invitation will be sent prior to the session.

3. Confidentiality

The coaching relationship, as well as all information (documented and verbal) that the Client shares with the Coach as part of this relationship, is bound by the principles of confidentiality. However, please be aware that the Coach-Client relationship 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. The Coach agrees not to disclose any information pertaining to the Client without the Client's written consent.

4. Limited Liability

Except as expressed provided by 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 for the Client for any indirect, consequential, or special damages.

I agree to the terms of this Coaching Agreement with Kendall Carriere.

Name _____

Name _____

Date _____