Coaching Agreement with Amanda Chiu

RELATIONSHIPS HEALTH WORK/LIFE BALANCE ALTERNATIVE LIFESTYLES

SELF LOVE SENSE OF PURPOSE GROWTH CAREER SUCCESS DECISION MAKING

**Holistic Life Coaching**

Coaching is right for you if you are ready for growth and transition. Holistic life coaching is about empowering you to identify how to take action for yourself through the connection of mind, body and spirit. My role as your coach is to partner with you in successfully navigating change by providing support through deep listening the exploration of emotional or mental blocks. Your role as the client is to be open to exploring topics that you choose, considering possible goals, and taking healthy and positive action. Together, we will use the wisdom of the mind, body and spirit to explore your unique situation and discover your path.

In each coaching session, you as the client choose the focus of conversation, while I as your coach listen and contribute observations and questions.

* This interaction can help you hear yourself in a different way and can help you discover deeper truths that can help you move towards positive action
* Coaching can enhance your growth by giving you greater focus, and awareness of choices that you may not have already considered.
* What is shared in sessions is confidential. Sessions are seen as conversations.

**Coaching is Not a Substitute for Other Needed Professional Services**

The biggest distinction between coaching and therapy is that coaching focuses on goal-setting and forming solutions, whereas therapy focuses on relieving or healing mental blockages. Coaching and therapy are often a good combination, but please know that they are not substitutes for each other. If you are suffering from depression or have a medical diagnosis that requires other needed professional services, please be sure to consult the correct professional. If you are currently in therapy, consult with your therapist to determine if coaching could be a helpful addition for you at this time. You are fully responsible for your physical, mental, and emotional well-being during your coaching sessions, including your choices and decisions. Coaching is also not a substitute for legal, medical, financial, business, spiritual or other qualified professional guidance.

**Judgement-Free Coaching**

There are no requirements for your lifestyle, identity, or orientation to try life coaching. Know that I am an open door for anyone of any choice, and when we enter into our coaching space together, there is absolutely no judgement made on my end about who you are, what you are, or how you should be. Coaching can be a good fit for those exploring a lifestyle transition or searching for their own relationship identity. Ultimately, you are the expert at what is most true to yourself, and my role is to help you uncover how to follow that truth in any and all areas of your life.

**The Specifics of Our Coaching Agreement**

24 Hour Cancellation/Reschedule Policy: 24 hours advance notice is required for all cancellations and changes to sessions. Clients who no-show or do not give 24 hour notice will be charged 50% of the session fee. If the session is free, the client will be charged a $15 fee. Clients arriving or calling late will receive their remaining scheduled time only. If client is more than 10 minutes late, they will be considered a no-show and will be asked to follow the same policy. These guidelines are in place to honor the valuable time of both coach and client.

Confidentiality: ALL SESSIONS ARE CONFIDENTIAL. The only exception to this is to alert appropriate authorities if a client is a danger to themselves or others. Certain topics may be anonymously and hypothetically shared with other coaching professionals for training or consultation purposes.

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Apt No./Floor: \_\_\_\_\_\_\_\_\_

City: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_\_\_\_\_\_\_

Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Referred by: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I have read and agree to the above: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Client Signature

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Coach Signature

**Client Understanding**

As a client, I understand and agree that I am fully responsible for my physical, mental and emotional well-being during my coaching calls, including my choices and decisions. I am aware that I can choose to discontinue coaching at any time.

1. I understand that “coaching” is a Professional-Client relationship I have with my coach that is designed to facilitate the creation/development of personal, professional or business goals and to develop and carry out a strategy/plan for achieving those goals.
2. I understand that coaching is a comprehensive process that may involve all areas of my life, including work, finances, health, relationships, education and recreation. I acknowledge that deciding how to handle these issues, incorporate coaching into those areas, and implement my choices is exclusively my responsibility.
3. I understand that coaching does not involve the diagnosis or treatment of mental disorders as defined by the American Psychiatric Association. I understand that coaching is not 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.
4. I promise that if I am currently in therapy or otherwise under the care of a mental health professional, that I have consulted with the mental health care provider regarding the advisability of working with a coach and that this person is aware of my decision to proceed with the coaching relationship.
5. I understand that information will be held as confidential unless I state otherwise, in writing, except as required by law.
6. I understand that certain topics may be anonymously and hypothetically shared with other coaching professionals for training OR consultation purposes.
7. I understand that coaching is not to be used as a substitute for professional advice by legal, medical, financial, business, spiritual or other qualified professionals. I will seek independent professional guidance for legal, medical, financial, business, spiritual or other matters. I understand that all decisions in these areas are exclusively mine and I acknowledge that my decisions and my actions regarding them are my sole responsibility.

I have read and agree to the above.

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Client Signature Date