

Coaching Agreement

Dear Coaching Clients,

I coach people by utilizing questionnaires, asking questions, listening carefully to what you tell me, jointly developing relevant homework, identifying your resources (experiences and qualities), creating strategies to overcome blocks to success, working toward a high degree of self-care, and identifying your values and vision. A key aspect of the coaching relationship is on developing appropriate action steps to help you move toward your goals and dreams. Although there are no guarantees on the outcomes from coaching most people report significant progress on their goals.

Coaching is not therapy. Although I am trained in psychotherapy (License CA MFT 31989). I do not engage in the practice of psychotherapy with my coaching clients. If issues arise that are best dealt with in a therapeutic context I will refer you to an appropriately trained licensed therapist.

We will agree on a standard time for our telephone consultations. Once that time is established it will be reserved for you. If you need to cancel an appointment please provide at least 24-hour notice or you will be charged for the appointment.

The information you share with me will remain confidential unless you give specific permission to release the information or if I am required to release the information by law. These exceptions to confidentiality will be discussed with you.

Each party agrees to indemnify, defend, and hold harmless the other party, its agents, officers, and employees from and against all liability expense including defense costs and legal fees incurred in connection with claims for damages of any nature whatsoever, including but not limited to, bodily injury, death, personal injury, or property damage arising from such party's performance or failure to perform its obligations hereunder.

Coaching usually leads to improvements and positive changes in one's life. The pros and cons of coaching will be discussed together. I believe that each of my clients is unique, creative, and responsible for moving their own life forward. I look forward to working with you.

Sincerely,

Evelynn Smith
Personal Life Coach

Coaching Client Signature

Date