



Life Coaching Client Agreement

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CLIENT LIFE COACH AGREEMENT

I look forward to working with you. I am deeply committed to helping you create and fulfill your life's dreams, both in your personal life and in your career. Together we will explore what you dream of, and what your natural and most powerful way of achieving it is. It's important that we have a clear understanding about our work together. Please read this agreement carefully before signing.

Responsibilities:

You are responsible for creating and implementing your own decisions. You agree not to hold me, or any company I am affiliated with, liable for any outcomes, resulting directly or indirectly from the coaching process.

I, as your Coach, will:

1. Be a partner in bringing out the best, the deepest and the truest in you.
2. Provide safety, encouragement and support; and environment in which you can relax and explore.
3. Respect the confidentiality of all information shared, of the agreements we make.
4. Expand your view of what is possible in your life, and promote discovery of new insights.
5. Give you input, direct feedback, and operate as a loving sounding board.
6. Listen carefully to what you say, and ask questions that increase awareness.
7. Be an on-going resource for you in accomplishing your life's goals, wishes and dreams.

I expect that you, as my client, will:

1. Cultivate a true honesty with yourself.
 2. Take responsibility for creating value and results for yourself.
 3. Be open to my feedback, and keep me honestly informed as to what is and is not working for you.
 4. Take ownership for your progress and your accomplishments.
 5. Keep your regularly scheduled appointments, as the results of our work together are cumulative.
- The best results happen because of your consistency and follow-through.

CONFIDENTIALITY:

I am committed to keeping all contacts, information and your records confidential. No information shared with me, will be shared with anyone else, unless information is subpoenaed by a court of law, or, if I observe in any way that you are a danger to yourself, or others.

Missed Appointment: I understand that emergencies can happen to anyone; therefore, if an emergency keeps you from attending a session, please call as soon as possible to let me know of the circumstances. Such events, as death in the family, serious accidents, unexpected illness and hospitalization are considered "emergencies"; otherwise, your appointment is reserved strictly for you. **Please call to cancel at least 24 hours in advance, lest your full appointment fee will be charged.**

Payments: Payment is due when services are rendered. This means each in-person meeting, or phone session, will be accompanied by full payment, unless other arrangements have been made prior to this visit. Your fee for coaching is \$125 per session (less applicable discounts, should you choose to purchase a block of sessions). If you choose to purchase a block of sessions, this is a solid commitment to complete our work together. If you choose not to follow through on this commitment, no refunds will be granted (for any remaining portion of the block of sessions).

You may purchase sessions from me via my website, or pay via [PayPal.Me/CWalker304](https://www.paypal.com/paytoemail?email=CWalker304). If you prefer to pay by check, payment should be made out to Cindy Walker, or Yoga and The Art of Living, and delivered in person, at the conclusion of each session. Payments are due in full upon receipt.

Communication: Please feel free to leave messages on my voice mail. If your call is urgent, please let me know and I will call you back as soon as I possibly can. You may also reach me via email at cindy@y-tal.com. I will respond to your email a.s.a.p. I am happy to support you briefly (10 minutes or less) over the phone (at times, other than our scheduled sessions), when I am free of other commitments. If we do have an extended telephone consultation, this will be billed at the rate of your individual sessions in 15-minute blocks.

What Coaching Is Not: Coaching services are not in any way to be construed as, or a replacement for, psychotherapy, legal counsel, or medical advice. If I believe it is in your best interest to seek the assistance of other specialists, I will advise you of this.

Termination of Our Work: Because a good termination process is important to your personal growth, you are asked to give a one-session notice. I am very interested in your ongoing progress. I would therefore appreciate established during our work together.

CLIENT INFORMATION

Name: _____ Date _____

Address: _____ :

Home Phone: _____ Cell: _____ Work: _____

Which phone should I use as your primary contact number?

(Check One): Home Cell Work

Emergency Contact:

Email address:

CLIENT NAME

Date: