

Life Coaching Contract

Name:

Type of Package:

Starting date:

Ending date:

Fee for session:

Session day:

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

2. I understand that the coaching relationship is professional, designed to facilitate the creation/development of personal/professional and business goals and to develop and implement a strategy/plan for achieving these goals.

3. I understand that coaching is a comprehensive process that may involve all area of my life, including work, health, finances, relationships, recreation and education. I acknowledge that deciding how to handle these issues, incorporate coaching into these areas, and implementing my choices are exclusively my responsibility.

4. I understand that coaching does not involve the diagnosis or treatment of mental disorders as defined by the DSM III. I understand that coaching is not a substitute for counseling, psychotherapy, psychoanalysis, mental health care or substances abuse treatment and I will not use it in place of any form of diagnosis, treatment or therapy.

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 for training or consultation purposes.

7. I understand that coaching is not to be used as a substitute for professional advice by legal, financial, spiritual or other qualified professionals. I will seek independent professional guidance for legal, medical, financial, business, spiritual or other matters. I understand that all 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.

Signature client

Signature coach

Date