**Coaching Agreement**

**1. Purpose**

The purpose of this Agreement is to establish the terms and conditions under which the Coach will provide life coaching services to the Client. Life coaching is a collaborative process designed to help clients achieve their personal and professional goals, enhance their quality of life, and develop strategies for success.

**2. Confidentiality**

2.1. **Confidentiality Commitment:** The Coach is committed to maintaining the confidentiality of all information shared during coaching sessions. This includes, but is not limited to, personal, professional, and sensitive information disclosed by the Client.

2.2. **Exceptions to Confidentiality:** Confidentiality may be breached in the following circumstances:

* If there is a risk of harm to the Client or others.
* If the Coach is legally required to disclose information (e.g., by court order).
* If the Client gives written consent for specific disclosures.

**3. Scope of Practice**

3.1. **Coaching Services:** The Coach will provide life coaching services, which include goal setting, action planning, and accountability support. Coaching is designed to help clients identify their goals, develop strategies, and make progress toward achieving their objectives.

3.2. **Limitations:** The Coach does not provide medical, psychological, or therapeutic services. Coaching is not a substitute for professional advice from a licensed therapist, counselor, or medical professional. Clients seeking treatment for mental health issues or medical conditions are to be advised to consult appropriate healthcare professionals.

**4. Differentiation from Therapy**

4.1. **Coaching vs. Therapy:** It is important to recognize that life coaching is distinct from therapy. The Coach is not a licensed therapist and does not diagnose or treat mental health disorders. Therapy typically addresses past trauma, mental health issues, and emotional challenges, while coaching focuses on the present and future, helping clients set and achieve specific goals.

4.2. **Client Responsibility:** The Client is responsible for seeking appropriate professional help if they require physical or mental health services or have concerns beyond the scope of coaching.

**5. Termination**

5.1. **Termination by Client:** The Client may terminate this Agreement at any time with 24 hours notice. Any fees paid for unused sessions will be refunded based on the prorated amount.

5.2. **Termination by Coach:** The Coach may have the right to terminate the coaching relationship if it is deemed that the Client’s needs are beyond the scope of coaching, or if the Coach is unable to provide effective services. The Coach will provide 24 hour notice and will refund any fees for unused sessions.

**7. Agreement and Acknowledgment**

By signing this Agreement, the Client acknowledges understanding the nature of coaching, the scope of services provided, and the confidentiality terms. The Client agrees to adhere to the terms outlined herein and recognizes that coaching is not a substitute for therapy or other professional services.

**Printed Client Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Client Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
**Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Printed Coach Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Coach Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
**Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_