

Life Coaching Agreement with Leahan Doar

Coaching Practice and Relationship

Coaching is a relationship between the coach and the client to facilitate the process of personal, professional and/or spiritual growth and development. It may be used to address specific life issues, spiritual issues, personal struggles, business/educational issues, or general conditions in the client's life or profession. The client and Life Coach agree that the coaching relationship will be designed together with the Life Coach serving as a change partner.

Life Coaching is for individuals who are emotionally and psychologically well and who want to make change and move forward in their lives. It has been recognized as a motivational and behavioral change approach that helps people clarify, set, and reach their goals for personal growth and development. Life Coaching is not mentoring, advice, therapy, or counseling. Unlike more traditional therapy, the coach functions more as thought partner than an expert. Life Coaches do not think of their clients as needing to be "fixed". They focus more on future goals than past struggles or failures, and clients are never diagnosed with disorders.

If the client believes that coaching is not working as desired, the client will communicate this with the Life Coach as soon as possible, and the coaching strategy will be restructured to address the client's concerns.

Philosophy

I believe that people are God's creation and that they function best when in proper relationship with God, self, and others. For this reason, I tend to address all aspects of the person – emotional, mental, physical, and spiritual – in my coaching. I am a committed Christian and, as such, my overall worldview is based on and shaped by biblical principles. At no time, however, will I force my beliefs on you or discuss your personal spiritual issues without your willingness and consent.

Contract for Life Coaching

1. **Scheduling:** All appointments are scheduled directly with me. It is generally best if a mutually agreeable time can be arranged on a weekly basis.
2. **Sessions:** A coaching session runs 45-50 minutes. Any phone conversations over 10 minutes will be billable on a pro-ratable basis.
3. **Fees:** My fee as of July 1, 2021 is \$110 per session. You will be notified prior to any fee increase. The 45-50 minute session includes the time necessary to make payment and schedule your next appointment. Payment is due at the end of each session. Late fees will be charged for overdue accounts, and delinquent balances may be pursued through a collection agency or the court system. If two session payments are missed, you may be put on hold for coaching until payment is made in full.
4. **Cancellation:** If cancellation is necessary, please make the cancellation at least 24 hours in advance. **Important! The full session fee will be charged for any cancellation not made at least 24 hours in advance and for any and all missed appointments.**
5. **Insurance:** Life Coaching is not currently recognized or covered by insurance providers.
6. **Records:** Your file is kept under my locked personal supervision. The file includes your information sheet if completed, potential notes on a session, and this contract. I do not normally take notes for coaching sessions and, therefore, will produce only a summary sheet if asked for records.

7. **Confidentiality:** Everything you share in a coaching session will be kept in strict confidence. However, there are a few important exceptions:
 1. If there is credible reason to believe you are a danger to yourself or others
 2. In the case of child abuse or elder abuse
 3. If a judge orders release of information

8. **Phone Calls:** If you need to get in touch with me, you can reach me at 803-781-1003, ext. or the cell phone number that I have contacted you from. You may also text me at that number. **Once you have become a client, please use the cell phone number exclusively, especially for appointment changes or cancellations.** This guarantees that the message will reach me in time.

9. **Court Appearances:** While I do not make court appearances, if I am court ordered or subpoenaed for a court appearance, I must have one week's prior notice to make arrangements and cancel other appointments. My rate for a court appearance is two full days (16 hours) at \$120 per hour, or a total of \$1920 for each one day's appearance. Even if the court time is one hour, the full rate will apply for my scheduling/ preparation/and actual court appearance time. Any travel expenses or additional preparation charges will also be added. Payment must be made one week prior to the court date and is non-refundable

10. **Termination of life coaching occurs when:** A) Treatment and goals are completed successfully, and life coaching is no longer necessary, or B) the Life Coach and/or the client believe coaching for any reason is no longer necessary or C) a client has not seen the Life Coach for a period of 60 days and no future session has been scheduled.

11. **Emergencies:** In the event of an emergency, please call 911 or go to your local emergency room. If you are having suicidal thoughts, contact the National Suicide Prevention Lifeline at: 1-800-273-8255.

As a life coaching client, you agree that you are Not participating in Licensed Professional Counseling. Furthermore, you agree to hold harmless Leahan Doar and Lake Murray Counseling & Coaching for any and all issues, including legal issues, that may evolve from your life Coaching

There are no other explicit or implied commitments in our Life Coaching relationship. **By signing this form, you agree that you have read, understood, and agree to the information presented above.**

Applicant 1 Signature **Date**

Applicant 2 Signature

Print Name

Print Name

Life Coach Signature **Date**