

Steve Arneson – Christian Life Coach
Lake Murray Counseling & Coaching (LMCC) 803-781-1003 ext. 1
7511 St. Andrews Road Suite 1, Irmo, SC 29063

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Christian Life Coach Services

The services to be provided by LMCC to the client are Skype or telephone coaching, as agreed upon jointly with the client. Christian Coaching may address specific Biblical spiritual issues, personal struggles, business issues, or general conditions in the client's life or profession. Other coaching services include value clarification, brainstorming, identifying plans of action, examining modes of operation in life, asking clarifying questions, and making empowering requests or suggestions for action. Additionally, the client may be asked to reflect on difficult Biblical topics or situations which may result in an expression of emotions.

Throughout the working relationship, the coach will engage in direct and personal conversations. Speaking the truth in love will be used throughout the process. The client understands that successful coaching requires a co-active collaborative approach between client and coach. In the coaching relationship, the coach plays the role of a facilitator of change, but it is the client's responsibility to enact or bring about the change.

If the client believes the coaching is not working as desired, the client will communicate this with the coach as soon as possible and the coaching strategy will be restructured to address the client's desired outcome of coaching. This may also result in a mutual agreement to terminate the process.

Life Coach versus Licensed Professional Counselor

Life coaching has been recognized as a motivational and behavioral change approach that helps people to set and reach better goals, leading to enhanced well-being and personal functioning. Life coaching is considered an innovative industry that has separated itself from a traditional therapeutic domain – a life coach takes on a role of a “thought partner” rather than an expert. Life coaches do not perceive their clients as though they need to be “fixed” – instead, they focus on the future outcomes rather than past issues and therefore do not diagnose any clients. A Life Coach can be engaged across state lines whereas it is mostly unethical to counsel across state lines.

Contract for Christian Life Coaching

1. **Scheduling:** All appointments are scheduled directly with me. It is generally best if a mutually agreeable time were arranged on a set weekly basis. There may be special circumstances when more than once weekly is desirable.
2. **Fees:** As of January 1, 2020, **my fee for Christian Life Coaching is \$120 per 45 to 50-minute session.** After hours sessions will be charged \$180/hr.

3. **Payment: I will only accept payment by either PayPal or Bank online transfer (sent to my email SARNESON@AOL.COM). Payment must be made prior to each session.** This will allow the maximum amount of time to be spent on coaching and not on the payment. If two session payments are missed, your regular time slot may be given to another person. You will also be put on hold for coaching until payment is made in full.
4. **Insurance:** Life Coaching is not recognized by insurance providers currently. If there ever is a time when Life Coaching is accepted by insurance providers, I will not participate in any network to collect fees through insurance.
5. **Sessions:** A life coaching session runs forty-five to fifty minutes. The 45 to 50 minutes includes Christian life coaching, prayer, and scheduling our next appointment. This gives me 10 to 15 minutes between sessions to finalize session notes if any, return phone calls, and prepare for my next session.
6. **Cancellation: If cancellation is necessary, please make the cancellation at least 24 hours in advance of your session. The full session fee will be required for any cancellation not made before this time frame.** Additionally, if 2 regular sessions are cancelled during a 6-week period then the probability of keeping that regular timeslot will likely be in jeopardy.
7. **Missed Appointment: Any and all missed appointments will be charged the full session rate.**
8. **Confidentiality:** What you say and do in sessions with me will be kept in strict confidence. However, there are these exceptions; A) When a client is potentially dangerous to themselves or others. B) Child abuse. C) Court order. D) Elder abuse.
9. **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 any notes and therefore will produce only a summary sheet if asked for records.
10. **Phone Calls:** If you need to get in touch with me only call Lake Murray Counseling & Coaching (803) 781-1003 ext. 1, or my business cell at 843-640-0222. If you cannot reach me in an emergency, please call 911 or go directly to the hospital. Do not call me at my home on my personal cell number or at any other number.
11. **Court Appearance:** As a Christian Life Coach I do not make court appearances. I do not write any affidavits. While I do not make court appearances, if I am subpoenaed for a court appearance, I must have two weeks prior notice to make arrangements and cancel other client appointments. My rate for a court appearance is two full days (16) hours at \$120/hr., totaling \$1,920 for each day's appearance. This is for one day of preparation work as well as one day of actual court time. Even if the court time is one hour the full rate will apply for my scheduling/preparation/and actual court appearance time. Additionally, any travel expenses or extra preparation charges will also be added if necessary. Payment for a court appearance must be made in full one week prior to the court date and is non-refundable.
12. **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.

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Lastly, as a Christian Life Coach client you agree that you are Not participating in Licensed Professional Counseling. Furthermore, you agree to hold harmless 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 Christian Life Coaching relationship. **By signing this form, you agree to have read, understand, and agree to the information presented above:**

Applicant 1 Signature

Date

Applicant 2 Signature

Date

Print Name

Print Name

Christian Life Coach Signature

Date