***Kathleen Todd***

 ***Life and Relationship Coaching***

 ***480-831-2203***

 ***COACHING AGREEMENT***

***Welcome to the magic of coaching! It is an honor to be your coach and I look forward to working with you.***

The relationship between a coach and client is co-creative, meaning that we both have an

active role in the process. Coaching is a process that facilitates growth and personal, professional, and spiritual development.

***Coaching***

Coaching is not therapy, counseling, consulting or mentoring. Coaching is well suited for individuals

who are emotionally and psychologically healthy and who want to make changes and move forward in their lives.

It is primarily focused on goal achievement and creating the life you want.

If you are dealing with emotional or psychological issues beyond the limits of coaching, you agree to seek appropriate clinical help. If you are seeing a therapist concurrently with coaching and would like me to consult with your therapist, I am willing to do so with your written authorization.

By entering into this relationship, the coach and client acknowledge that the client wants to make significant progress and changes in his/her life. Progress and change happen at rates that are unique to each individual. Together, we create more power for you to make meaningful changes and take dynamic actions towards your goals.

***Privacy and Confidentiality***

The coaching relationship is built on trust. All conversations with the client will be private and confidential. In circumstances regarding mandatory reporting governed by law, I am required to report alleged harm to self or to others, and suspected child or elder abuse or neglect.

***Coaching Fees***

**Coaching fee is $175.00 per hour.** Fees are to be paid at the time of service by cash, check, or credit card. Please be advised that HSA accounts are different. It is your responsibility to check to see if your HSA account covers coaching.

**Appointments**

An appointment represents a mutual commitment to meet at a designated time.

Appointments not cancelled 24 hours in advance will be billed to you in full.

***Litigation***

Coaching is not therapy and is not intended for advice on domestic or other legal matters of for diagnosis or assessment of an individual’s mental or psychological state. Therefore, I do not write reports or give legal testimony on your behalf.

***Session Procedures***

We will schedule each Coaching Session to be in person, online or over the telephone.

Please give our session high priority and arrange your schedule to honor our agreed

upon time.

* Please take time before each session to prepare for the coaching session.
* Be specific about what you want to take away from each coaching session.
* Please arrive to every session on time – whether it is in person, online or on the phone.
* Do your work in between sessions. Use what you learn. Complete what you agree to do.
* Be willing to change your beliefs and patterns if they no longer serve you. Try new approaches.
* Please give me feedback about your coaching experience – what works, as well as what doesn’t work.