

THE WINNER'S MIND
Lynda Lahman, MA (425) 761-7715

Coaching Agreement

Client name: _____ **Phone:** _____

Email address: _____

The Coaching Relationship: Coaching is a supportive relationship. It is not a therapy relationship and I will not diagnose or treat issues that would better require therapy. I will refer you to a mental health specialist should the need arise. Throughout the working relationship I will engage in direct and personal conversations. You can count on me to be honest and straightforward in asking questions and making requests. You are responsible for any actions or choices you make during the course of coaching. Should you have any questions, please do not hesitate to ask.

Problems: If I ever say or do something that doesn't feel right, please bring it to my attention. As your coach, I am 100% committed to you being powerful, successful and to you having the life you want.

Sessions: Our agreement includes either a single, session-by-session set-up or a package of _____ sessions.

Changes: Rescheduling an appointment can often be accommodated with advance notice. If you must cancel a session please give at least 24 hours notice. Missing an appointment without notice is considered a paid session. If you have an emergency we will work around it. If you miss an appointment due to my error in scheduling, or my absence, I will gladly schedule a make-up appointment time at no charge.

Extra Time: Calls between our scheduled sessions are included as part of the six session packages. Feel free to contact me via phone or email if you need a sounding board, have a problem, or want to share a success with me. I ask that you keep the calls short; if they are longer than 10 minutes, they will count as a 30-minute session.

FEE SCHEDULE

Single 60 minute session \$120

Package of six sessions \$700

Includes:
Six 60-minute sessions
Emails between sessions
Phone support between sessions

If you purchase a six-session package, this agreement will begin on _____ and will be valid for one year. The fee for six sessions is \$ _____, payable in advance. There are no refunds for unused sessions.

Services provided: The service to be provided is coaching via in person, web chat or telephone sessions, as designed jointly with you.

Client agreements:

1. I understand that coaching is a relationship I have with my mental skills/life/wellness coach that is designed to facilitate the development of personal, athletic, professional, and/or business goals, and to develop and carry out strategies and/or plans for achieving those goals.
2. I understand that mental skills/life/wellness coaching is a comprehensive process that may touch on all areas of my life, including work, finances, health, relationships, educations and recreation. As a client, I understand that I am fully responsible for my well-being during my coaching sessions, including my choices and decisions. I acknowledge that deciding how to handle these issues and implement my choices is exclusively my responsibility.
3. I understand that coaching does not treat mental disorders as described by the American Psychiatric Association. I understand that mental skills/life/wellness coaching is not a substitute for counseling, psychotherapy, psychoanalysis, mental health care or substance abuse treatment, and I will not use it in place of any form of therapy.
4. I promise that if I am currently in therapy or otherwise under the care of a mental health professional, that I have consulted with this person regarding the advisability of working with a mental skills/life/wellness coach and that this person is aware my decision to proceed with the coaching relationship.
5. I understand that information will be held as confidential unless I state otherwise, in writing, except as required by law. A record of the mental skills/life/wellness coaching sessions will be maintained. Notes include dates and times of meetings, the nature of the contact, such as online or in person, and a brief summary of the subjects covered and homework assigned. These records are usually destroyed a year after the last contact.
6. I understand the mental skills/life/wellness coach may at times consult with other professionals. All consultations will be done in a manner to protect my anonymity.
7. I understand that mental skills/life/wellness coaching is not to be used in lieu of professional advice. I will seek professional guidance for legal, medical, financial, business, spiritual, or other matters. I understand that all decisions in these areas are exclusively mine, and I acknowledge that my decisions and my actions regarding them are my responsibility. I am aware that I can choose to discontinue coaching at any time.

I have read and agreed to the above.

Client Signature

Date