



Coaching Agreement

This agreement is made between Sharon Hebert (Coach) and _____ (Client) on this _____ day of _____, 2021.

Both parties agree to the following:

Coaching is a collaborative process with an ongoing relationship between the Client and Coach. The coaching experience supports the Client in establishing new behaviors. The coaching relationship is strengths-based, forward looking and collaborative. The coaching agenda is developed and implemented in partnership between the Client and Coach. The role of the Coach is to help the Client progress toward achieving a goal.

The Client and Coach agree to engage fully in the coaching experience.

The Client recognized that coaching is not therapy, counseling or consulting.

Confidentiality: The Coach agrees to keep all conversations and information with the Client private and confidential, as allowable. No personal information will be shared with anyone without the client's express permission. Exceptions may be made if there is imminent threat of serious injury to oneself or someone else.

Coaching Commitment: By entering into this relationship, the Client and Coach acknowledge that the Client desires to make a behavior improvement in his or her life. Behavioral change often takes time to implement and sustain. The pace of change varies amongst individuals.

Coaching Session Procedures: Coaching sessions may occur in person or through video conference with some follow up via email.

- The Coach and Client agree to adhere to established appointment times.
- The Coach and Client agree to begin and finish all appointments on time. If the client is more than 15 minutes late, the coach will assume that the appointment is canceled and the client will be responsible for payment. If the coach is more than 15 minutes late, the client may assume that the session is cancelled and the client is not responsible for any payment for that session.
- The client agrees to cancel or reschedule an appointment at least 24 hours in advance. If cancellation is not made prior to the 24 hours the client is subject to a 50% cancellation fee.

Coaching Fees:

1 month package (4 weekly sessions) \$300

2 month package (8 weekly sessions) \$550

3 month package (12 weekly sessions) \$750

- All health coaching packages include access to the Workplace Wellness library of seminars, articles, webinars, classes and exercises sessions.
- Health coaching participants will also have access to customized exercise programs developed for their specific needs and goals.