



LIFE COACHING CONTRACT

What Is Coaching?

The International Coach Federation (ICF) defines coaching as “partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.”

Coaching is the art of interacting with a person creatively in a way that energizes them to achieve extraordinary results in their desired objective. Professionally trained in core coaching competencies and coaching ethics, the coach partners with a client to identify important goals and priorities, strategize about how to reach them, and overcome obstacles that crop up along the way.

The following represents the Contract between **Transform your Life with Iris-Life Coach** and _____, known as the “**Client**”. The Services contracted shall be that of life coaching, as set out below. Please read it carefully and raise any questions or concerns that you have with me before agreeing to the contract. This agreement will begin upon acceptance by Client and shall remain valid for the duration of the Client-Coach relationship. The Contract shall be in force as follow:

One on One session: _____

8 weeks package: _____

12 weeks package: _____

Services

The services provided by **Transform your Life with Iris-Life Coach** are conducted in person. Coaching is a partnership focused on developing the client’s awareness, thinking, and abilities in order to help the client identify and achieve her personal related goals. In coaching conversations, I will be direct and honest and encourage the Client to do the same. The success of the coaching engagement depends upon the Client’s commitment and openness to

the process. The Client is solely responsible for creating and implementing her own physical, mental and emotional well-being, decisions, choices, actions, and results arising out of or resulting from the coaching relationship. If the Client believes that coaching is not working as desired, the Client agrees to communicate this to the Coach. Please note that life coaching should not be used as 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 diagnosis, treatment or therapy.

Terms of Coaching

I invite you to think of Coaching as a comprehensive process that may involve different areas of the Client's life and only the Client decides how to handle those issues, incorporating coaching principles into those areas and implementing choices is exclusively the Client's responsibility. Many people create change for themselves in a short time. However, to refine and sustain the change might take several months.

Confidentiality

Transform your Life with Iris-Life Coach fully protects the privacy and confidentiality of the communications with its Clients and is bound by the principles of confidentiality set forth in the ICF Code of Ethics. At no time will **Transform your Life with Iris-Life Coach** voluntarily divulge the coaching relationship between themselves and their Clients without written permission from the Clients, unless required to do so by law.

My Coaching Commitment

- I will honor the time that we are together and hold your confidences.
- I will not judge you and will respect your perceptions of the world.
- It is not my job to change you. It is my privilege to bring into awareness, clarity of choices, and if you choose, action to your life.
- This is my personal commitment to you be impeccable with my word and keep my commitments to you.
- I will present an open heart.
- I will always hold you in positive focus. We will concentrate on what is working in your life and how to create more that will work for you.
- I believe you have all the answers within.

Fees

Coaching fees are paid in advance of sessions. Payment for Coaching Sessions is to be made via credit card, cash or check. In the event Client fails to pay any amount due by 24 hours prior to the scheduled session, it may be cancelled at the Coach's discretion. For Insufficient Funds for those paying by check there will be fee and a penalty charge of \$25.00

Coaching Sessions

The Client agrees to be present at the scheduled time. The Coach and Client commit to start and finish each session on time. If the client is more than 10 minutes late for a coaching session, the Coach will assume the session is cancelled and the client will forfeit the session fee.

Cancellations

I ask that you give 24 hours' notice if you need to cancel or change the time of the appointment. I will make every effort as well, to re-schedule sessions which are cancelled in a timely manner. If a Client does not cancel in a timely manner or cancels on a regular basis, I will need to end our coaching relationship. Cancellation (less than 24 hours before) and/or no-show appointments are billed to the Client for the full amount.

Termination of Services

Either Party may terminate this Agreement immediately upon 2 weeks' notice. Notwithstanding the foregoing, Client shall not be relieved of any obligations to pay fees due to **Transform your Life with Iris-Life Coach** solely because of the termination of this Agreement.

Limitation of Liability

IN NO EVENT SHALL **Transform your Life with Iris-Life Coach** BE LIABLE TO CLIENT FOR ANY SPECIAL, PUNITIVE, INCIDENTAL, INDIRECT, OR CONSEQUENTIAL DAMAGES OF ANY KIND IN CONNECTION WITH THIS AGREEMENT. THE COACH MAKES NO GUARANTEES, REPRESENTATIONS OR WARRANTIES OF ANY KIND OR NATURE, EXPRESSED OR IMPLIED WITH RESPECT TO THE COACHING SERVICES NEGOTIATED, AGREED UPON, AND RENDERED. NOTWITHSTANDING ANY DAMAGES THAT THE CLIENT MAY INCUR, THE COACH'S ENTIRE LIABILITY UNDER THIS AGREEMENT, AND THE CLIENT'S EXCLUSIVE REMEDY SHALL BE LIMITED TO THE AMOUNT ACTUALLY PAID BY THE CLIENT TO THE COACH UNDER THIS AGREEMENT FOR ALL COACHING SERVICES RENDERED THROUGH AND INCLUDING THE TERMINATION DATE.

Entire Agreement

This Contract constitutes the entire agreement between the Client and the Life Coach. The Life Coach shall not be held responsible and shall remain blameless for any adverse or other consequences, including but not limited to financial, personal, employment or other losses, arising out of decisions or actions the Client may make as a result of the Services provided by the Life Coach.

Applicable Law

This agreement shall be governed and construed in accordance of the Laws of the State of Texas without giving effect to any conflicts of laws provision.

This Agreement shall be binding upon the parties hereto and their respective successors and permissible assigns.

Client Name _____ Date _____

Client Signature _____ Date _____

Life Coach Name _____ Date _____

Life Coach Signature _____ Date _____