



**LIFE COACH**

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**LIVE YOUR LIFE BOLDLY**

## **LIFE COACHING AGREEMENT**

Prior to entering into a Life-Coaching relationship with me, please carefully read the following agreement and indicate your acceptance and understanding thereof by signing below:

1. I understand that Life Coaching is a relationship I have with a Life Coach that is designed to facilitate the establishment of long-term and short-term goals and the achievement of those goals.
2. I understand that Life Coaching is comprehensive in that it deals with almost all areas of my life, including work, finances, education, health, relationships and entertainment. I acknowledge that deciding on how to handle these issues and implementing my decisions remains my exclusive responsibility.
3. I understand that Life Coaching is for people who are already basically successful, well-adjusted and emotionally healthy.
4. I understand that confidentiality in the Life Coaching relationship is limited. Confidentiality may not apply to certain crimes that have been committed or certain crimes that are being planned. Some crimes may need to be reported to legal authorities. It is also possible that certain topics could be reviewed with other Life Coaching professionals for training and development purposes.
5. I will not use Life Coaching as a substitute for counselling, psychotherapy, psychoanalysis, mental health care or substance abuse treatment. I realize that this Life Coaching is not done by a licensed mental health professional.
6. I promise that if I am currently in therapy or under the care of a mental health professional that I have consulted with that person regarding the advisability of my working with a Life Coach.
7. I will not use Life Coaching in lieu of professional medical advice, legal counselling, accounting assistance, business consultation or spiritual guidance and for each of these areas I should consult the appropriate professionals. I acknowledge that I will not use the Life Coaching as a substitute for such professional guidance. I further acknowledge that all decisions on dealing with these issues lies exclusively with me.

We agree to meet at the following times:

Weekly on Mon/Tues/Wed/Thurs/Fri

From.....

## **GENERAL**

### **The client calls on time and pays for the call.**

As part of the coach's ongoing professional development, client hours and contact details are logged for accreditation with the International Coach Federation (ICF) who maintain the right to contact the client and verify the hours of coaching. The ICF receives only your contact details and the coach does not reveal any of the content of the sessions.

The client is actively encouraged to decline any requests that they feel inappropriate and to discuss any aspect of the coaching relationship with which they are unhappy.

## **PAYMENTS**

Fees: (Due by the 1<sup>st</sup> of the month)

R750 per month for 3 scheduled sessions of 45 minutes on a month-to-month basis.

R600 per month on a 3 – month basis.

R500 per month on a 6 – month basis..

Additional short (5/10 minute) calls and email support are included in the fee.

## **REFERRALS**

I accept new clients on a referral basis which I encourage and appreciate. As recognition of such, I will give one month's free coaching to you for every client you introduce who is coached by me for at least a 3 – month period.

## **CANCELLATION POLICIES**

Fees are charged on a monthly basis, paid in advance. It is possible to schedule less calls in a particular month and pay a lower fee provided that at least two weeks notice is given.

When a client is unable to make a scheduled call, the coach will reschedule if possible, provided 48 hours notice is given. Sessions cancelled without 48 hours notice are charged in full.

In the event the coach cancels the call and it is not possible to reschedule it then the fee for that call will be refunded,

Name.....Signature..... Date.....