

# SHIFTING WATERS COACHING

## CLIENT/COACH AGREEMENT

### Welcome

I'm so glad you're here. Coaching is a collaborative and supportive process where we work together to help you find clarity, confidence, and direction. This agreement is simply meant to outline how we'll work together so you feel safe, comfortable, and informed.

### Coaching Approach

Coaching is not counseling or therapy. Instead, it's a supportive, forward-focused process that helps you explore goals, gain new insights, and create practical steps toward the life you want. You'll always remain the expert on your own life -- I'm here to guide, encourage, and challenge you along the way. Coaching does not diagnose or treat mental health conditions.

### Sessions

Sessions may be held in person or by Zoom and will be scheduled on mutual availability. All new clients begin with a 90-minute Foundation Session followed by a 60-minute coaching session. Ongoing sessions or session packages may be scheduled after the initial Foundation Session.

### Payment & Fees

All sessions and packages are paid in advance through the scheduling system. By signing below, you acknowledge understanding of current pricing, payment and cancellation policies.

### Cancellations and Rescheduling

Life happens. If you need to reschedule, please provide at least 24 hours' notice. When 24 hours' notice is given, your \$25 deposit will be applied to your rescheduled appointment. If less than 24 hours' notice is given, the deposit is non-refundable.

### Confidentiality

Everything we discuss in coaching sessions is kept private and confidential. The only exception would be if there is ever a serious concern about your safety or the safety of someone else.

### Commitment

Coaching works best when you show up open, honest, and willing to engage in the process. My role is to create a safe and compassionate space and to walk beside you as you take steps toward your goals.

### Agreement

By signing below, you acknowledge this understanding of our coaching relationship and agree to participate in this supportive partnership.

Client Name \_\_\_\_\_

Client Signature \_\_\_\_\_ Date \_\_\_\_\_

Coach Signature \_\_\_\_\_ Date \_\_\_\_\_