

Ally for Achievement Coaching Services Client/Coach Agreement
Jennifer Darrow, Wellness Coach

1. As a client, I understand and agree that I am fully responsible for my well-being during my coaching class, including my choices and decisions. I am aware that I can choose to discontinue coaching at any time. I recognize that coaching is not psychotherapy and that professional referrals will be given if needed.
2. I understand that “wellness/life coaching” is a relationship I have with my coach that is designed to facilitate the creations/development of personal, professional or business goals and to develop and carry out a strategy/plan for achieving those goals.
3. I understand that wellness/life coaching is a comprehensive process that may involve all areas of my life, including work, finances, health, relationships, educations and recreation. I acknowledge that deciding how to handle these issues and implement my choices is exclusively my responsibility.
4. I understand that life coaching does not treat mental disorders as defined by the American Psychiatric Association. I understand that life coaching is not a substitute for counseling, psychotherapy, psychoanalysis, mental healthcare or substance abuse treatment; and I will not use it in place of any form of therapy.
5. 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 wellness/life coach and that this person is aware of my decision to proceed with the coaching relationship.
6. I understand that information will be held as confidential unless I state otherwise in writing, except as required by law.
7. I understand that certain topics may be anonymously shared with other coaches or wellness professionals for training OR consultation purposes.
8. I understand that life 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 have read and agree to the above. I also understand that at the end of the initial term stated above that my coach may suggest a new term agreement to assist in continuing progress. At that time a new agreement will be formed.

Client Signature

Date