

Coaching Agreement, Release & Waiver

I, _____, the Client understand and agree with the following statements:

In consideration of my receiving health/wellness coaching services from [**Jolly Janson and/or Green Phoenix Transformative Health + Wellness, LLC**], the health and wellness Coach, the Client does hereby waive, release, and forever discharge my coach and my Coach's training program, and its officers, agents, independent contractors, employees, representatives, executors, and all others from any and all responsibility or liability for injuries or damages resulting from my participation in any activities under such coaching.

Client understands that [**Jolly Janson and/or Green Phoenix Transformative Health + Wellness, LLC**](my health and wellness Coach) is neither a psychological nor medical professional. The goal of coaching is to create a supportive alliance in which I can attain my own stated goals and become independent of the coach.

Nature of Relationship

My Coach has a background and expertise in integrative health and wellness coaching, goal setting, values clarification, healthy lifestyle information, and motivational techniques. Client, _____, (initials) has been made aware that the coaching relationship is in no way to be considered or construed as psychological counseling or any type of therapy. Client, _____, has also been made aware that coaching results cannot be guaranteed. I am entering into coaching with the understanding that I am responsible for my own results. Client also agrees to hold the coach free of all liability and responsibility for any actions or results for adverse situations created as a direct or indirect result or specific referral or advice given by the coach.

Roles and Responsibilities

For the Coach: To deliver a coaching process and structure in accordance with evidence-based methodologies, to practice according to professional coaching standards and the NBHWC Code of Ethics, to abide by the confidentiality agreement below. The Coach does not diagnose or prescribe, nor give unsolicited advice.

For the Client: To respond honestly and directly within coaching sessions, to let the Coach know if the pace is not right or if I am uncomfortable with certain topics, to be accountable for my agreed-upon actions and choices. The Client self-determines their vision, goals, and action steps. The Client is actively engaged in trying new behaviors as planned with the coach.

Session Day and Time

Day and time of the sessions will be agreed upon and scheduled for (a specific day and time) to be repeated _____ monthly _____ weekly or _____. Any changes must be made via telephone and confirmed by either text or email) (937-657-2822 or jolly.greenphoenix@gmail.com).

Session Options and Fees (**Need to complete**)

Call Procedure (Need to complete)

Length of Coaching Agreement and Termination

This agreement is for ____ months and may be extended on a month-to-month basis following the initial ____ months with the mutual agreement of both parties. Should the Client or Coach determine that insufficient progress or cooperation exists after the initial 90 day period, either party may cancel this Agreement without recourse other than full payment for the period to date. Cancellations must be in writing and may be delivered by post, text, or email. In the event of fees owed at the time of cancellation, full payment is due and payable.

Confidentiality

The Coach recognizes that certain information of a confidential manner may be relayed during either regular or extra sessions. The coach will not, at any time either directly or indirectly, use this information for the coach's benefit nor disclose said information to anyone else without specific approval of the person being coached (excludes disclosure of illegal or unethical activities). The Client acknowledges that the coach abides by a Code of Ethics that ensures confidentiality of my participation and the contents of our discussions. There are three situations, however, where it may be necessary for my coach to share certain information with others. By signing this agreement, the Client authorizes Coach to share information with others in the following circumstances: When there is clear indication that someone may be harmed, or if there is serious threat to my own health or safety or that of others.

Release of Liability & Waiver

The Client agrees that using any or every part of this health/wellness coaching service is entirely at my own risk. Health and wellness coaching services are provided "as is," without warranty of any kind, either express or implied, including without limitation any warranty for information services, uninterrupted access, or products and services provided throughout the coaching alliance. The Client understands that coaching may involve discussions about values, strengths, motivation, fitness, nutrition, weight management, stress management, emotional resilience, life visioning, and overall preventive health and health risk management. These services may be requested or rejected at my own free choice. The Client is free to discontinue coaching at any time or restart as desired.

Health and wellness coaching services are not meant to be a substitute for counseling or treatment for mental health problems. Wellness coaching is an excellent way to gather individualized information by which my own decisions can be made.

The Client does hereby further acknowledge that either the Client has had a physical examination and has been given a physician's permission to participate, or the Client has decided to participate in activity and/or use of equipment and machinery without the approval of my physicians and do hereby assume all responsibility and risks of injury or death from such participation and activities.

The Client has read and understood all the above and accept the above agreement of release of liability and the terms of the agreement, release and waiver.

Client Signature _____ Date _____

Coach Signature _____ Date _____