

CONTRACT

Affinity Health Coaching

PARTIES

This agreement is entered into between Affinity Health Coaching and _____ to provide health coaching services starting on _____ with an end date of _____.

COACHING

My coaching services are designed to facilitate personal development through a method of carrying out specific strategies and recommendations. Per this agreement, I am acting as a wellness professional to support the client in making progress in their health and wellness. I am not acting in the capacity of a mental health therapist, counselor or consultant. Should I deem a client will be better served by a different service that is outside my professional scope, I will make this known.

COACH RESPONSIBILITY

I will guide, support and be an accountability partner to the client. I will ask powerful and thought-provoking questions along with using coaching tools and resources deemed useful to the coaching process. I have the responsibility to attend all scheduled appointments, let the client know about cancelations before the start time and alert the client if ethical or practical circumstances make it inadvisable for me to proceed with services.

CLIENT RESPONSIBILITY

For health coaching to be successful, the client must give maximum effort and exercise honesty. The client may be asked to complete assignments during the process. As part of the coaching agreement, the client agrees to complete all assignments to facilitate maximum progress. If coaching sessions are not going as desired, it is the responsibility of the client to make that known to me.

CONFIDENTIALITY & ETHICS

I agree to never disclose or share information that pertains to the client without written consent of the client. All information will remain private, except in the case of a court subpoena. Please note that any legal protections that apply in therapy/counseling settings, do not apply to the coach-client relationship.

Client Signature and Date

Health Coach Signature and Date: