

COACHING AGREEMENT

About your coach . . . Sarah Langston

1. Your coach agrees to treat all information shared during sessions as private and confidential.
2. Your coach is not a professional therapist, a psychotherapist, or a mental health professional.
3. Your coach is there to teach you strategies to become personally empowered.

About your coaching sessions . . .

1. Sarah Langston will coach “in the moment” in regards to whatever the intention of the client is at the time of the session.
2. You will have 60-minute sessions scheduled in advance to occur at a set time and day each week. The fee schedule for this Coaching Relationship is as stated in our fee schedule.
3. At the scheduled time, you will call Sarah Langston at the designated bridge-line phone number, unless requested to do otherwise. (Appointment and other information will be communicated in a separate letter or email.)
4. In the event that you must cancel your scheduled coaching session, a 24-hour notice is required. Certain emergencies are exempt at the discretion of the coach. Otherwise, that missed session will count as one of your sessions. Missed sessions may be rescheduled depending upon the coach’s availability. Sessions occurring late will be considered complete at the end of the regular scheduled appointment end time. Repeated lateness greater than 10 minutes may be cause for suspension of service without refund.

About your responsibilities . . .

1. I understand that coaching is not advice giving, psychotherapy or counseling. I agree to seek these or other professional services, when needed.
2. I am fully responsible for the decisions and actions I take in regards to my life and affairs.
3. I agree to be mindful of my own well being during the course of this coaching process.
4. I shall in no way hold the coach liable or responsible for any actions I take during or after this coaching relationship.

5. I understand that the coach makes no guarantees or warranties, expressed or implied, about any results to be achieved.

6. I understand that all fees are paid prior to receiving services, and if I fail to call-in, call in later than 15 minutes, or fail to change an appointment in advance, all fees for that session are forfeit.

7. By signing below, I acknowledge that I have had the opportunity to review this agreement, that I understand all aspects within it, and I agree to abide by it.

COACHING TERMS OF THIS AGREEMENT:

FEES: _____ for _____ session.

DURATION: approx. _____ minutes per session.

SESSION DAY: _____ SESSION TIME: _____

PROCEDURES: Call _____ at your scheduled time on time.

I understand that SARAH LANGSTON is not participating as a licensed therapist and that I am responsible for all my decisions, actions and feelings.

Client Signature/Date

Coach Signature/Date.