



## Well-Being Coaching Agreement

Full name
Telephone number
Address
Date

### Client Statement

I have sufficient information about well-being coaching and have agreed to undertake 6 bi-weekly coaching sessions. To address key issues in my life. I am committed to taking positive action to make improvements in my life and to meeting the goals I identify as necessary to do this. I am committed to being as open and honest as necessary in order to work with my coach towards achieving my goals. I will make every effort to remain positive about what I will achieve.

### Ground rules

1. As the client I understand that I am fully responsible for the decisions and choices reached during coaching sessions.
2. I understand that coaching is a relationship I have with my coach that is designed to facilitate the development of personal or professional well-being and develop a plan/strategy for achieving those goals.
3. I understand that my practitioner is qualified in their own specialist field and may refer me for testing or treatment with other practitioners from time to time. Fees of which, will be arranged and paid directly to any third party.
4. I understand that coaching is a comprehensive process, which may involve all areas of my life, including work, family, health, relationships, education, and recreation. I acknowledge that deciding how to handle any issues is my responsibility.
5. I understand that coaching is not a substitute for medical treatment, mental health care or substance abuse treatment and have consulted a medical professional for any health concerns I may have.
6. I agree to commit to a course of 6 coaching sessions to facilitate the required change. I understand that if I am not satisfied with my progress during this time and wish to cancel my remaining sessions I will discuss this immediately with my coach.



Well-being coaching is at times challenging, and it may be appropriate for my practitioner to ask permission to be honest and challenge a belief or behaviour that is preventing my recovery.

From time to time, consultations with my practitioner may take place via email, zoom or telephone, in place of one-on-one consultation. Support in between consultations will take place via email, telephone or zoom. The timing of practitioner support will be agreed at the onset of the coaching relationship.

I understand that if I need to re-schedule or cancel a session with my coach I will inform her giving at least 48 hours' notice. Similarly, my coach will endeavour to provide me with at least 48 hours' notice if the appointment or session needs to be re-scheduled.

I understand payments made in advance are generally non-refundable, except at the discretion of my practitioner. If I am unable to commit to the agreed number of sessions, I may choose to freeze the remaining sessions until such time as I am ready to resume them.

Cancellation of the programme may be accepted if dissatisfied with the service provided, with a 30-day notification period. Any unused portion of the balance will be refunded, less an administration fee of £50.

I have read and accept the above terms and conditions

**Client**

Signed \_\_\_\_\_

Name \_\_\_\_\_

Date \_\_\_\_\_

I am fully committed to facilitating ..... to identify and achieve her well-being goals, through an open, honest, supportive, and motivating coaching relationship. I can ensure that I will always work for her best interests and keep any information shared with me entirely confidential.

**Coach**

Signed \_\_\_\_\_

Name \_\_\_\_\_

Date \_\_\_\_\_