

Welcome to coaching as my client. I look forward to working together!

Here are a few guidelines that I expect clients to maintain in order for our relationship to work. If you have any question, please call me.

Fee

Payment is expected at the time of service unless otherwise arranged.

Payment may be made by cash, check or PayPal.

Procedure

Please call or arrive on time. Come to the session with updates, progress and current challenges. Let me know what you want to work on, be ready to be coached. Please make copies of the enclosed client prep form and complete the form before each session. The agenda is client generated and coach supported.

Changes

Please give me 24 hours notice if they have to cancel an appointment. If you have an emergency, we will work around it. Otherwise, a missed appointment is not made up and you will be charged for the time.

-Christine Crosby Taylor

Life and Wellness Coaching Agreement

To my client: Please review, sign, and return to me:

NAME: _____

PER SESSION FEE: \$_____. REFERRED BY: _____

POLICIES:

1. CLIENT ARRIVES OR CALLS FOR THE APPOINTMENT
2. CLIENT PAYS COACHING FEES, \$85.00 PER SESSION UNLESS OTHERWISE ARRANGED, IN ADVANCE OR AT THE SESSION TIME.
3. As a client, I understand and agree that I am fully responsible for my well-being during my coaching sessions, 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.
4. I understand that “life coaching” is a relationship I have with my coach that is designed to facilitate the creation/development of personal, professional, or business goals and to develop and carry out a strategy/plan for achieving those goals.
5. I understand that life coaching is a comprehensive process that may involve all areas of my life, including work, finances, health, relationships, education and recreation. I acknowledge that deciding how to handle these issues and implement my choices is exclusive my responsibility.
6. 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 health care or substance abuse treatment and I will not use it in place of any form of therapy.
7. I promise that if I am currently in therapy or otherwise under the care of a mental professional, that I have consulted with this person regarding the advisability of working with a life coach and that this person is aware of my decision to proceed with the life coaching relationship.
8. I understand that information will be held as confidential unless I state otherwise, in writing, except as required by law.
9. I understand that life coaching is not to be used in lieu of professional guidance of 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.

Client Signature: _____

Date: _____



Christine Crosby Taylor

MA, CWC, PN1, Masters in Psychological Counseling,
Certified Wellness Coach, Precision Nutrition1 Certified
720-522-2694

WELCOME PACKET - GETTING TO KNOW YOU

What parts of your life are working best now?

What parts of your life are working the least well?

What are your values?

What stops you from having the life you want?



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GOALS

What goals, aspirations, desires, and intentions do you want to accomplish in the first six months of life coaching?

BUSINESS: _____

PERSONAL: _____

What do you want to accomplish, change, or create in the first 30 days of life coaching?

BUSINESS: _____

PERSONAL: _____

What I hope to gain from this coaching relationship:

Other things I'd like my coach to know about me:

