

Health and Wellness Coaching Services Agreement

This Agreement for Coaching Services is between Karen Clark Salinas of Rebalance Wellbeing LLC and [client's full name] ("Client").

Scope of Work: Coach will provide the following coaching service to Client:

Coaching Service Package Name –
Length of Coaching Agreement –
Number of Sessions –
Session Day and Time:
Duration of Session(s) – 50 minutes

Payment: Payment is due in full, in the amount of \$XX.00 before Service begins. However, if a payment plan has been settled prior to this Agreement it will be outlined below.

Payment Plan (if applicable) –

Client Obligation: Client agrees to be available and on time for all scheduled coaching sessions unless prior arrangements have been confirmed between the two parties. Client also agrees to be in a distraction-free environment when calling in for the coaching session. Client commits to following through on mutually agreed upon items.

Termination by Client: If Client is not fully satisfied with the Service provided, Client has the option to terminate this Agreement by giving written notice by [time period based on coaching program purchased]. All money paid for Services will be returned within 30 days of Coach receiving written notice. There is no refund for Design Your Self-Care Plan.

Coach Obligation: Coach will be available at the scheduled coaching appointment time and will notify Client in advance if unforeseeable circumstances occur that may cause unavailability for session.

Termination by Coach: Coach may terminate this Agreement if Client fails to perform Client's obligations (including Client's payment obligation). Coach will provide written notice to Client at least seven days prior to the next scheduled coaching session.

Disclaimer of Liability: Coach has made every effort to accurately represent the nature of its Service, including the potential benefit to Client. Coach does not offer and is not qualified to provide legal, medical, financial, business, spiritual or therapeutic services. Client agrees to independently consult with qualified and licensed professionals for such services and advice.

Client acknowledges that the results of participation in Services is not guaranteed by Coach and will depend on many factors beyond the control of Coach, including Client's own background, dedication, desire, and motivation. Client further acknowledges that Coach shall in no way be held liable or responsible for any actions taken, or not taken, by Client. Client is solely responsible for any and all outcomes.

Client acknowledges that coaching does not involve the diagnosis or treatment of mental health conditions. Coaching is not a substitute for counseling, mental health care, or substance abuse treatment and will not be used as a diagnosis or treatment. Client further acknowledges that he or she has consulted with his or her mental health provider if concurrently participating in counseling and coaching.

Confidentiality: Coach subscribes to and is governed by the National Board for Health and Wellness Coaching (NBHWC) code of ethical conduct. Information shared by Client is kept confidential by Coach to the extent allowed by law, except for the purpose of professional development. Client understands that certain topics may be anonymously and hypothetically shared with other coaching professionals for training, consultation, or certification requirements.

Client acknowledges that Coach may submit the following information to the National Board for Health and Wellness Coaching or other certifying body for credentialing purposes:

- Client's name and contact information
- Start and end date of coaching relationship
- Length of coaching session and number of sessions
- Number of coaching sessions
- Topics discussed during coaching sessions

Entire Agreement: This Agreement contains the entire understanding of both Coach and Client. No provision of this Agreement may be modified or waived, except in writing and agreed upon by all parties.

Governing Law: This Agreement will be construed in accordance with the laws of the State of Maryland. Coach and Client hereby agree to submit to the exclusive jurisdiction of the state and federal courts in Baltimore County, State of Maryland over any action arising out of this Agreement.

I have read this Agreement and agree to all the conditions stipulated within the Agreement.

Client (Signature) _____

Client (Printed Name) _____

Today's Date _____

Please respond via email. You may take a picture of the agreement and send it as an attached image or simply send an email stating you agree to all the terms of the agreement. Send response to karen@rebalancewellbeing.com.