

Whole Life Coaching and Psychotherapy

Manage yourself firstSM

LIFE COACHING AGREEMENT

COACHING: The purpose of life coaching is to assist the client in attaining desired outcomes. The coaching process involves a clarification of the client's goals to be achieved, a review of the client's current circumstances regarding those goals, an analysis of options for change available to the client, a consideration of current obstacles, and the development of strategies for the client to implement to attain the goals. The client enters into the coaching relationship with the understanding that he or she is responsible for creating strategies, taking action, and managing the results of the choices made. The role of the coach is to provide structure for the discussion, ask relevant questions, provide feedback, and assist the client in moving the process along. The coaching relationship is not to be construed as psychological counseling or any type of psychotherapy.

CONFIDENTIALITY: The coaching sessions are private and confidential. Except as provided below, everything the client says during a coaching session will be held by the coach as confidential and will not be shared by the coach with anyone else unless the person being coached gives prior written permission. These confidentiality rules will not apply where there is a danger of suicide or homicide, where there is abuse or neglect of children or vulnerable adults, or where circumstances exist that require reporting under various public health laws. In addition, these confidentiality rules will not apply when information is requested by a subpoena pursuant to a legal or administrative action or as required pursuant to a court order.

CANCELLATION: If a cancellation is necessary, the client will notify the coach 24 hours in advance of the canceled appointment time. If this notice is not received, the client will be billed for reserved coaching time.

TERMINATION: Client may terminate this Life Coaching Agreement at any time, provided that upon termination, the client shall pay in full for all services rendered through the effective date of termination.

PAYMENT: Coaching services are billed in increments of 15 minutes. Credit cards or checks are accepted.

Charge per fifteen minute unit of coaching _____

SIGNATURE INDICATES THAT CLIENT AGREES TO THE ABOVE TERMS.

Name (Last, First, MI) _____ Home Phone _____

OK to leave message at home?

Home Address _____ Yes No

City _____ State _____ Zip _____ Cell Phone _____

OK to leave message on cell? Yes No

Client Signature _____ Date _____

Ruth H. Tallakson, Ph.D., L.P., Ltd.
Business and Life Coach
821 Raymond Avenue, Suite 315-C
St. Paul, Minnesota 55114

Phone: 651-647-1001
Fax: 651-647-6111

info@wholelifecoachingandpsychotherapy.com

www.wholelifecoachingandpsychotherapy.com