

VITALITY LANE COACHING AGREEMENT

About Me:

Hi there, I'm Lane. Thank you for your interest in participating in coaching with me! If I had to pick three words to describe myself I would choose: compassionate, empathetic, and solution oriented. My goal is to make a client feel safe, heard, and supported as we navigate the client's journey together, through personalized 101 sessions. I look forward to getting to know you and navigating your unique journey together!

Education:

I am currently a certified health and wellness coach, working towards earning board certification, through the National Board for Health and Wellness Coaching (<https://nbhwc.org/>). In this document I will be referred to as the "Health Coach ". This document serves to explain what coaching is and the details of my coaching agreement at Vitality Lane, LLC. I want to ensure that the process is as clear and informative as possible. At the end there is an agreement for you and I to sign, should you decide to proceed.

What is a health coach and how can they help?

"Health & wellness coaches support clients in activating internal strengths and external resources to make sustainable and healthy lifestyle behavior changes. Health coaches use a client-centered approach wherein clients decide their goals, engage in self-discovery or active learning processes, and self-monitor behaviors to increase accountability, all within the context of an interpersonal relationship with a health coach."

<https://nbhwc.org/what-is-a-health-coach/>

Health and wellness is not a destination to be achieved, rather it is a direction of orientation to work towards. Utilizing the Eight Domains of Wellness, coaching can help in many different aspects. Everyone's journey will look different. My job is to help you explore the "whats, whys, and hows" of your personal health goals and offer support as you work towards accomplishing those goals.

Coach-Client Relationship

The Health Coach agrees to adhere to the code of ethics established by the National Board for Health and Wellness. The client is encouraged to review these. <https://nbhwc.org/code-of-ethics/>

Client is solely responsible for creating and implementing his/her own physical, mental and emotional well-being, decisions, choices, actions, and results arising out of or resulting from the coaching relationship through sessions and interaction with the Health Coach. As such, the Client agrees that the Health Coach is not and will not be liable or responsible for any actions or inaction, or for any direct or indirect result of any services provided by the Health Coach. The Client understands coaching is not therapy or clinical medical care under a licensed medical practitioner; and does not prevent, cure, or treat any mental disorder or medical disease, and that coaching is not to be used as a substitute for counseling, psychotherapy, psychoanalysis, mental health care, routine clinical visits, substance abuse treatment, or other professional advice by legal, medical or other qualified professionals.

The Client understands that in order to enhance the coaching relationship, the Client agrees to communicate honestly, be open to feedback and assistance, and to create the time and energy to participate fully in the program.

Services

The parties agree to engage in 101 coaching sessions, via an agreed upon Zoom video call or phone call, whichever the client prefers and selects. If Client decides to switch platforms for whatever reason, they must notify and receive confirmation from the Health Coach regarding the preferred meeting platform being switched, otherwise it may be considered a no show. The Health Coach will be available to Client by email between scheduled meetings for contact regarding scheduling times/dates and to answer general coaching agreement questions only. The agreed upon price will vary based on the client's preferred number of coaching sessions and coaching availability. Payment will be accepted via Paypal prior to the ongoing sessions.

Procedure

The time of the coaching meetings will be determined by the Health Coach and Client based on a mutually agreed upon time and date. The Health Coach will send a Zoom link invite to Client ahead of time for all scheduled video calls.

Cancellation Policy

Client agrees that it is the Client's responsibility to notify the Health Coach via email when needing to cancel or reschedule the session/meeting. Please give notice at least one day (24 hours) before the date of the session.

Termination

Client acknowledges that he/she may terminate or discontinue the coaching relationship at any time for any reason. The right to termination of the coaching relationship also belongs to the Health Coach, should such action be deemed necessary by breach of agreement or other reasons regarding the coaching role. Such cancellation from either party requires clear communication through email.

Confidentiality

This coaching relationship, as well as all information (documented or verbal) that the Client shares with the Health Coach as part of this relationship, is bound by the principles of confidentiality set forth in the NBHWC Code of Ethics. However, please be aware that the Coach-Client relationship is not considered a legally confidential relationship (i.e. medical and legal professions), and thus communications are not subject to the protection of any legally recognized privilege. However, the Health Coach agrees not to disclose any information pertaining to the Client without the Client's written consent. The Health Coach will not disclose the Client's name as a reference without the Client's consent.

Confidential Information does not include information that: (a) is generally known to the public or in the Client's industry; (b) is obtained by the Health Coach from a third party, without breach of any obligation to the Client; (c) is independently developed by the Health Coach without use of or reference to the Client's confidential information; or (d) the Health Coach is required by statute, lawfully issued subpoena, or by court order to disclose; (e) is disclosed to the Health Coach and as a result of such disclosure the Health Coach reasonably believes there to be an imminent or likely risk of danger or harm to the Client or others; and (f) involves

illegal activity. The Client also acknowledges her continuing obligation to raise any confidentiality questions or concerns with the Health Coach in a timely manner.

According to the ethics of our profession, topics may be anonymously and hypothetically shared with other coaching professionals for training, supervision, mentoring, evaluation, and for coach professional development and/or consulting purposes.

Limited Liability

Except as expressly provided in this Agreement, the Health Coach makes no guarantees, representations or warranties of any kind or nature, express or implied with respect to the coaching services negotiated, agreed upon and rendered. In no event shall the Health Coach be liable to the Client for any indirect, consequential or special damages.

Notwithstanding any damages that the Client may incur, the Health Coach's entire liability under this Agreement, and the Client's exclusive remedy, shall be limited to the amount actually paid by the Client to the Health Coach under this Agreement for all coaching services rendered through the termination date.

Entire Agreement

This Agreement is entered into by and between: Lane Knight and Client, whereby Lane agrees to provide Coaching Services for Client focusing on his/her personal health and wellness goals.

This document reflects the entire agreement between the Health Coach and the Client, and reflects a complete understanding of the parties with respect to the subject matter. This Agreement supersedes all prior written and oral representations. The Agreement may not be amended, altered or supplemented except in writing signed by both the Health Coach and the Client. The agreement is valid as of the date signed below.

Client signature: _____

Client print name: _____

Date: _____

Health Coach signature: _____

Health Coach: Lane Knight

Date: _____

*Please sign, and return through email as a pdf/scan. If there is any question, feel free to contact me at laneknighthwc@gmail.com.