



Holistic Health & Wellness Coaching Agreement and Client Contract

Wellness Coaching Agreement

Welcome to holistic nutrition and wellness coaching, it is truly a pleasure to be working alongside you in your pursuit of healthy behavior, nutrition, and lifestyle changes, reaching for a higher level of wellbeing. I am excited for you that you have taken the steps to reach your best health potential!

Partnership Agreement

This partnership is being made on _____ (date) between _____ (client) and Melissa Abbott of Resilient RootZ Wellness, LLC. in Strafford, NH. This agreement ensures _____ (client) will receive a high standard of coaching that focuses on client-centered goals and guidelines communicated and created by both parties as defined by the International Federation of Coaching (ICF) code of competencies.

Confidentiality

All information collected will be kept in the strictest of confidence. The Coach agrees not to disclose any information about the client without the client's written consent. Information shared between client and coach is bound by the principles of confidentiality outlined in the ICF Code of Ethics.

Client Contact Information

*Please answer all the following questions to the best of your ability. I am here to answer any questions or concerns that you may have. This information will help us to get to know each other better and define the goals for your success.

Name _____ Age _____ DOB _____

Address _____ City _____ State _____ Zip _____

Home Phone (____) _____ Cell (____) _____

Email Address _____

Emergency Contact _____ Relationship _____ Phone _____

Did anyone refer you? _____

Client and Coach Foundational Protocols

What is involved with Wellness Coaching?

Wellness coaching (WC) evokes and supports lasting behavior and lifestyle changes in pursuit of a higher level of wellness. Ensuring the utmost level of standard in confidentiality, integrity, and trust honoring the autonomy of the client and their life journey. The wellness coach will not cure, diagnose, or treat. The coach will ask permission to recommend and refer clients for additional medical services that are outside the scope of the coaching practice.

Wellness Coaching Relationship

The personal relationship between client and coach is partners with active listening, thought-provoking communication, dialogue, and creative processes that motivate the client to maximize their highest personal and professional aspirations. This partnership is an alliance created to work together to manage and strategically design an action plan for the client to achieve their goals.

Clients Intentions (client initials)

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

*Client understands that I am fully responsible for my well-being during my coaching sessions, including my choices and decisions. _____ Please initial

*Client acknowledges that coaching is a comprehensive process that may involve different areas of their life that may be sensitive in nature (i.e., work, finances, health, relationships, education, and recreation). _____ Please initial

*The Client agrees that deciding how to reach their goals (behavior, lifestyle changes) and incorporate coaching principles into those areas and implementing choices is my own responsibility. _____ Please initial

Coaches Intentions (coach initials)

*Coach will engage the client in direct conversation with compassion, empathy, and non-judgment using active listening, encouraging the client to arrive at their own answers. Asking permission to share resources and tools to help guide and support the client with their assessed goals and intentions for changing behavior or lifestyle habits. _____ Coach initials

*Coach will incorporate a creative process to evoke an alliance in the partnership that ignites joy while providing an honest assessment of clients' desires and stages of change. At the same time, the client works through barriers that may arise in our discussions and clients. _____ Coach initials

*Coach will utilize the spirit of motivational interviewing (MI) communicating absolute worth, apathy affirmations, and autonomy for the client's best welfare. Meeting the client where they are at by giving priority to the clients' needs. _____ Coach initials

*Coach is committed to being forthright with honest with feedback to promote realistic expectations throughout our discussions. Goal setting is created through an action plan initiated by the clients' path to change. _____ Coach initials

Schedule and fees

Terms of coaching agreement are \$120.00 for the first 60-90 minute session, this is after the initial 45 minute free consultation. Each additional scheduled hour sessions will be \$75.00 and half hours \$45.00. Your sessions will be scheduled and determined between the client and coach held each week, bi-weekly, or monthly depending on the clients needs. Schedule times will be determined by the client and coach depending on availability, goals, and objectives to be attained in wellness goal sheet assessment (to be completed before the initial meeting). Sessions are to be paid at the time of service; wherein additional communication through email, telephone, or text; if additional emergency support is needed, the costs will be assessed by time accrued based upon fee schedule above in respect to availability.

Cancellations, Rescheduling and Flexibility

If for any reason you cannot keep your scheduled appointment, a respectful 24 hour notice of cancellation or rescheduling is kindly appreciated. Emergency situations happen, flexibility is always considered. Missed sessions with no prior notification will be waived for the first occurrence, therein after, you will be charged a missed session fee of \$25.00. Life can and will always happen, to ensure confidence and mutual respect communication is a great way to stay informed of both parties intentions and responsibilities.

I acknowledge that I may terminate or discontinue the coaching relationship at any time. I also have read and agree to the terms presented above.

Client Signature: _____

Date: _____

Coach Signature: _____

Date: _____

Thank you, I look forward to working together!