



Coaching is for people who are basically well-adjusted, emotionally healthy, overall functioning effectively and wanting to make changes in their life around issues such as career development, relationship enrichment, spiritual growth, lifestyle management, decision making, relational obstacles and achieving short and long-term goals”

LIFE COACHING AGREEMENT

Date: _____

Name: _____

Your Life Coach: Deborah Skomba

Phone: _____

E-mail: _____

Coaching Guidelines

As the client, you understand and agree that:

1. I am fully responsible for my wellbeing, 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.
2. Life coaching is a relationship that is designed to facilitate the creation and development of my personal goals and that the relationship is also designed to develop strategies to carry out a plan for achieving those goals.
3. Life Coaching is typically about current life choices and planning for my future, not about repairing or uncovering my past unless agreed upon with Deborah Skomba.
4. Life Coaching involves all areas of my life, including work, finances, health, relationships, education and recreation and that deciding how to handle these issues.
5. Life Coaching involves things such as Temperament Assessment, brainstorming, values clarification, reading, journaling, goal setting, identifying plans of action, accountability, making requests to action, agreements to change behavior, examining lifestyles and questioning the status quo.



6. Life coaching does not treat mental disorders as defined by the American Psychiatric Association. Life coaching is not a substitute for counseling, psychotherapy, psychoanalysis, mental health care, or substance abuse treatment, and is not to be used in place of any form of therapy.
7. Before coaching starts, I will be completely honest about my health history, mental health history or any previous treatments for substance abuse that may impact my coaching relationship. If I am currently in therapy or otherwise under the care of a mental health professional, I have or will consult with them regarding the advisability of working with a Life Coach. I am willing to sign a Release of Information form so that my Life Coach and my counselor may collaborate on my coaching.
8. Life Coaching is a confidential relationship in which both participants agree to keep all information in strict confidence except in those situations where such confidentiality would violate the law or cause harm or hurt.
9. Life Coaching is not to be used in lieu of professional advice. If needed I will seek professional guidance/advice for all legal, medical, financial, business, spiritual, or other matters and that all decisions in these matters are exclusively mine and my actions regarding them are my responsibility.
10. Coaching will be an on-going relationship that may take several months or years to fully reach my goals, although either party can terminate the relationship at any time.
11. Life Coaching can involve brainstorming, values clarification, the completion of written assignments, education, goal setting, identifying plans of action, accountability, making requests to action, agreements to change behavior, examining lifestyles, life mapping and questioning.
12. Life Coaching is most effective when you have chosen a quiet place free from distractions such as turning sound or cell phone off.
13. Except as expressly provided in this agreement, there are no guarantees or warranties, express or implied as to the outcomes of Life Coaching.
14. Prior to beginning, both parties will agree: to a fee, form of payment, type, number and frequency of sessions, procedures for cancelled/missed appointments, and the initial length of the client /Life Coach commitment.
15. Prior to the first session a Client History Form will be completed.