

Coaching Agreement

90-Day Coaching Package

Please review, add your name, and return this Agreement to me by email. If you return this by email, please understand that it does constitute a legal contractual agreement. The email header which includes your IP address and name is a legally binding as your signature. NOTE: if you return this by email, please write I ACCEPT THIS AGREEMENT in the subject line

This is an agreement between:

Client Name:

Coach's Name: Linda M. Held

Email to use to contact coach: LindaMHeld@aol.com

Coaching Format and Fees

1. Client can expect to:

- Be Happy
- Be More Productive
- Thrive
- Grow

2. Before the first session, Client agrees to complete a detailed questionnaire, to be provided by Coach.

3. All coaching sessions will be done over the telephone or Skype at mutually agreed times.

4. During Coaching relationship, Coach may give Client homework assignments for Client to complete and email back at least 24 hours prior to the following session.

5. The packages commence on date _____ and will continue for a period
of 90 days ending on _____.

6. Energetic Healing Breakthrough Packages

Package #1:

Two Monthly 50-minute Sessions per month (Commitment of 90 days required)

Package #2:

3-Month Breakthrough Moving Through It Package includes:

- Two 1 hour sessions per month
 - Pre-Check in per session via email or text
 - Post session reflections per session
 - Weekly homework or tasks for continued growth (Could be commitment to move three or more times per week, meditation, and tapping.)
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Package #3

6-Month Breakthrough Moving Through It Package includes:

- Two 1 hour sessions per month
- Pre-Check in per session via email or text
- Post session reflections per session
- Weekly homework or tasks for continued growth (Could be commitment to move three or more times per week, meditation, and tapping.)

Cost: A six-month commitment with one free month if you pay up front

Package 5

VIP Day: 5 hours private session in nature.

Optional Bonuses:

- Ceremony to support your journey in getting past these stuck processes! \$100
 - 2 oz. custom flower essence \$50
 - Creating a prayer circle and getting your guides, ancestors and angels to assist you. Priceless
 - Building a medicine pouch to send for you using to clear any negative create magic. \$55
 - Using my psychic skills to tune in during sessions \$100
 - Feeling more attractive and priceless. Priceless.
7. Client may choose to continue Coaching relationship after the 90-day Package or 6-month package (whichever is applicable) at a rate that will be agreed upon together with the coach.
8. If, for any reason, Client chooses to discontinue Coaching relationship before having completed the chosen package, the package will not be refunded.
9. Coaching sessions may take place between 7 am to 8 pm PST.
10. It is the responsibility of Client to call Coach at the scheduled date and time for coaching session.
11. There will be no refund or rescheduling for sessions missed by Client without prior notice.
12. Client sets the agenda prior to each session by using Coaching Session Worksheet sent at least 24 hours prior to session.
13. After each session, Client records action steps and insights in the Post Session Worksheet. This worksheet should be completed by client and emailed to within 24 hours after coaching session.
14. Client agrees to complete all action steps that he/she has self-determined, before next coaching session.
15. If either Client or Coach needs to be reschedule a session due to an unavoidable conflict or illness, each will give the other at least 24 hours notice prior to a session to reschedule (unless it is a true emergency.)
16. Both Client and Coach agree to allow sessions to be recorded as an audio recording. Recordings may only be used and accessed by Client and Coach, and will not be provided to other parties unless by written agreement

Agreements

17. Information shared in coaching sessions is confidential and not shared outside the session unless mutually agreed upon, and documented in writing by Coach. The only exception to this procedure would be in a situation where Coach is required by law to make a disclosure, or where Coach has a good-faith belief that disclosure of information is necessary to comply with the law, to protect the Coach's rights or property, to avoid harm to Coach, Client or anyone else, or to respond to an emergency. In such situations, disclosure would be limited to essential information.

18. It is understood that coaching sessions are not therapy sessions, or psychological counseling sessions, nor will any coaching sessions substitute for counseling, psychotherapy, psychoanalysis, mental health care or substance abuse treatment. Furthermore, Client will not use any coaching sessions in place of diagnosis, treatment or therapy. Client will seek independent professional guidance for legal, medical, financial, business, or family matters. Client understands that all decisions in these areas are exclusively his/hers, and Coach acknowledges that decisions and actions regarding them are Client's sole responsibility.

19. Client further acknowledges that coaching does not involve the diagnosis or treatment of mental disorders as defined by the American Psychiatric Association, and Client understands that Coach is neither an employment agent, financial analyst, mental health practitioner, business manager, legal advisor, licensed therapist, psychologist, psychiatric or medical doctor.

20. Client understands and agrees that he/she is fully responsible for his/her physical, mental, and emotional well being during all coaching sessions, including choices and decisions made both during and after the sessions.

21. Except as expressly provided in this agreement, the Coach makes no guarantees or warranties, express or implied. Client agrees to utilize coaching services with the full understanding that Coach is in no way liable for Client's decisions, actions and outcomes. Client also agrees to hold Coach free of all liability and responsibility for any adverse situations created as a direct or indirect result of a specific referral, advice given or any actions taken while working with or as a direct result with Coach. Notwithstanding any damages that the Client may incur, the Coach's entire liability under this agreement, and the Client's exclusive remedy, will be limited to the amount paid by the Client to the Coach under this agreement for all services rendered up until the termination date.

22. Client understands that "coaching" is a professional client relationship with a coach that is designed to facilitate the creation/development of personal, professional, or business goals, and to develop as well as carry out a strategy/plan for achieving those goals. Client acknowledges that deciding how to handle these goals, incorporate coaching into those goals, and implement these goals is exclusively his/her responsibility.

23. Client promises that if he/she is currently in therapy or otherwise under the care of a mental health professional, that he/she has consulted with the mental health care provider regarding the advisability of working with a coach, and that this person is aware of the decision to proceed with Coaching relationship.

24. This is the entire agreement of the parties, and reflects a complete understanding of the parties with respect to the subject matter. This agreement supersedes all prior written and oral representations.

25. Client's signature on this agreement or email accepting of this agreement indicates full understanding of, consent to and acceptance of the terms of this agreement. Client indicates his/her agreement by:

a. Replying to the email that accompanied this agreement write I ACCEPT THIS AGREEMENT in the subject line of the agreement

or

b. Signing below and retiring the signed agreement vial email to LindaMHeld@aol.com or by regular mail to 502 Chestnut Street, Mt. Shasta, CA 96067.

Client Signature

Date