

Sandra Paterson,
Life Coaching Contract.

Terms and Agreements of services.

- (1) I understand that ***Life Change Coaching*** is a relationship and consultancy I have with my coach that is designed to facilitate the creation and development of personal, professional or business goals and to develop and carry out strategies and plans for achieving those goals.
- (2) I understand that ***Life Change Coaching*** is a relationship for my well-being and does not substitute for Counselling, Psychotherapy or any Mental Health Services.
- (3) I am/am not under the care of any mental health professional. If I am under the care of a mental health professional I have discussed my entering into this ***Life Change Coaching*** consultancy and we have agreed it would be suitable.
- (4) As a client, I understand and agree that I am fully responsible for my own well-being during my calls and consultations, including my choices and decisions.
- (5) I agree to follow up and perform any work assignments set for me.
- (6) I understand that ***Life Change Coaching*** is a comprehensive process that may involve all areas of my life; I acknowledge that deciding how to handle these issues and implement my choice is exclusively my responsibility.
- (7) I understand that all information I disclose is bound by a clause of confidentiality and will not be disclosed to any persons under any circumstances except by a court order upon a crime being committed. I understand that to keep all my disclosures confidential.
- (8) I understand that ***Life Change Coaching*** is not to be used in lieu of professional advice. I understand that all decisions and my actions regarding them are my responsibility.
- (9) I have received this contract prior to my consultations I have read and fully understand my responsibilities. I have agreed to conduct and abide by those terms for the purpose of this ***Life Change Coaching*** agreement.

Client Signature----- Date-----

There are a few guidelines that I expect my clients to maintain in order for our relationship to work well and efficiently.

If you have any questions about these guidelines please ask for clarification before committing to life coaching.

Please note that life change coaching is an on going process, expect to have at least 12 sessions and in many cases more.

Preparation,

Before each consultation please spend time to contemplate your preparation by reading Life Change Coaching Contract.

Problems.

The truth can set you free ... but first it may irritate you.

I want you to be satisfied with the coaching and our relationship. If I ever say anything that upsets you or you do not feel right, please bring it to my attention during the sessions. I will however often say things that will make you feel uncomfortable because we are drawing your attention to the things in your life that are not working for you, they naturally get an uncomfortable feeling that is an indicator that they need to change.

Championing.

One of the aims of the Coaching is to help you reinvent many or parts of your life, actions and strategies that have become redundant.

This is something I have done many times for so many years with other people as a recognised health professional. I believe personal growth has always room for improvements and can be achieved in all areas in a person's life.