

COACHING AGREEMENT

This agreement will begin on the date of our initial meeting and conclude at the termination of sessions. The rate for services is \$150 per session (approximately 60 minutes), and includes unlimited email contact between sessions.

Confidentiality

Coaching, which is not therapy or counselling, may address specific personal projects, business successes or general conditions in the client's life or profession. Other coaching services include values clarification, brainstorming, identifying plans of action, and examining modes of operating in life, asking clarifying questions, and making empowering requests. I know that in order for the coaching to be most effective, I will be asking for explicit and specific personal information. I respect your willingness to be truthful, and I will treat this information as a special confidence. All information provided to me will be kept strictly confidential unless otherwise mandated by law.

Record Keeping

As a psychologist I am mandated by the rules of the College of Alberta Psychologists, which state that I maintain a written record of our interactions. This information will be kept securely and held in the strictest confidence, and will contain only your name, the dates of our meetings, and a very brief and general comment on the focus of our sessions. No third party information will be kept in these notes, and you are welcome to see them at any time.

Responsibility

The purpose of our interaction is to hold your focus on your desired outcomes, and to coach you to stay clear, focused, and in action. You understand that the power of the coaching relationship can only be granted by you. If you feel the coaching is not working as desired, you agree to communicate this and take actions to return the power to the coaching relationship. You are entering into coaching with the understanding that you are responsible for creating your own results. If at any point you are not receiving benefit from the coaching partnership, we will both know it, and this agreement may be terminated.

You also warrant that you are not currently undergoing therapy of any kind, or that if you are; you have obtained the express permission of your therapist to engage in this coaching arrangement. If you cannot make these warrants, you have an obligation to inform me of any such history, or any past therapy sessions, so that we can discuss whether coaching is appropriate for your circumstances. If you begin therapy during our coaching, you agree to immediately obtain the express permission of your therapist to continue being coached, or you will cancel all future coaching sessions.

I reserve the right to terminate our sessions immediately, and without prior notice, if I believe that therapy would be more appropriate for your situation than coaching.

Jurisdiction

However unlikely, in the event of any disagreement or dispute between us, you agree that the laws of Alberta, Canada, shall be applied to this agreement.