

## Coaching Agreement

I agree to participate in wellness coaching session(s) with Christina Lombardo that can last approximately 45 minutes based upon our availability and preference. I consent to being contacted by my coach via phone or zoom for the time period and as frequently as we deem necessary. I understand that participation in the coaching is voluntary and I may withdrawal from the coaching relationship at any time by notifying my coach. I understand that the coaching is offered at \$150 per session. I acknowledge that the coaching is not counseling or psychotherapy. Coaching is its own unique process that draws on strategies and my strengths for goal attainment and resilience. My coach will serve as a guide in this unique process. If my coach believes at any point that therapy services are necessary, we will discuss options for an appropriate referral. I understand that my role is to make the scheduled sessions on time and I will notify my coach at least 24 hours in advance if I need to reschedule.

I understand that in seeking the services of a coach that, like most people, I may find a new perspective to assist me to clarify my vision, identify and reach goals and to improve my resilience. My coach will ask probing questions that are thought provoking. I agree that is my responsibility to tell my coach what works and what doesn't work and to be honest about how I would like to be coached. I affirm that I am fully responsible for the choices and decisions I make. I agree to participate in the coaching program and follow the guidelines. I will determine with my coach the number of coaching sessions and I will evaluate progress and whether to continue sessions before the last scheduled session. The coaching services provided to me include a supportive and comprehensive process for addressing health and well-being topics. Because coaching is not advice focused, topics I can choose to talk about are any subject matter I wish, including but not limited to stress, nutrition, time management, work challenges, health concerns, work/life balance, goals, etc.

**Confidentiality:** As a matter of ethics, my coach affirms that he or she will maintain strict confidentiality about all personal information shared by me. The only exception is as the coach has reasonable cause to believe there are threats to cause serious harm to myself or others. Then, the coach is obligated to report the situation to the proper agent. I have a complete understanding of the services to be provided. As a client I understand and agree that I'm fully responsible for my well-being during my coaching sessions including my choices and decisions.