

1-1 Coaching Agreement

Coach: Jodi McLaren

Client:

Coaching Relationship

The client understands that coaching is an interactive, professional relationship designed to help the clients achieve their goals and desired results. Coaching is not a substitute for any medical care, including psychotherapy. Both parties are full adults and responsible for their own experience inside the container.

Coach agrees to:

Keep your safety as my top priority

Provide you with coaching services in service to the goals we establish on during our intake session

Allow my genius to connect to yours

Invite all my greatest guidance and compassion into every session

Be brave for the sake of your growth

Keep everything you share with me strictly confidential

Refer you to additional providers if and as needed for the sake of your greatest well-being

Stay within the professional bounds of client/practitioner

Client agrees to:

Keep your safety as your top priority

Bring your adult self to every session, even when the child is triggered or present

Be honest and brave for the sake of your growth and transformation

Do practices between sessions in service to your goals

Stay within the professional bounds of client/practitioner

Let the coach know if things are not working, destabilizing, or additional support is needed, so the coach can help the client secure necessary and right-fit care

Coach AND Client agree to:

Come on time to our sessions

Make space for every and anything that wants healing to come forward

Be honest and brave

Stay through difficulty

Repair if rupture occurs

Prioritize safety and stability

Take full responsibility for our experiences

Bring forth any concerns that may be in service to the health, learning and well-being of the client

1-1 Coaching Agreement Cont.

Communication

You may reach out to me with questions, celebrations, or feedback via email anytime. I will respond to all emails within 3 business days (unless a vacation responder is sent out to notify clients otherwise).

If I believe your email would be better addressed in a 1-1 session, I will respond to let you know and invite you to book a session. I am not available on-call to assist with an emergency or to provide frequent contact between sessions, though you are welcome to book a paid session at my earliest next available time.

Fees

The cost for a 75-minute 1-1 coaching session is: \$200

Client agrees to pay: \$200 at the time of booking, unless an alternate payment agreement is made.

Refund Policy

Refunds are not available for booked 1-1 sessions. You are welcome to reschedule any session at least 24 hours prior to the scheduled session date/time. If you don't show, or cancel within 24 hours of the session, you will forfeit the session.

Agreement:

By signing below, you indicate that you have read, understand and agree to the terms and conditions outlined in this 2-page 1-1 Coaching Agreement document. Your signature also indicates that you have had the opportunity to ask questions and/or discuss any concerns with me in the first, intake, session.

Client Signature

Date Signed

Jodi McLaren, Coach Signature

Date Signed