**About Your Coach:**

Welcome! Thank you for choosing me to be your life coach! My role is to help you develop the knowledge and skills necessary to achieve your desired outcomes. I use the GROW Model of Coaching to help my client plan their transformational journey. First, we decide where you are going by identifying the GOALS, then we establish your current REALITY by looking at what is going on right now. Once those items are identified, we then explore the various OPTIONS and OBSTACLES and motivation necessary, the WILL, to move forward.

**Client’s Role:**

You are the expert of your own life, not me! I believe that you know the answers to every question or challenge you may have in your life, even if those answers appear to be hidden inside. My job is to educate, empower and encourage you to go deep so that you can GROW up and be the best that you can be! It is your job to communicate honestly, be open to feedback and assistance, and create the time and energy to participate fully in the coaching program.

**The services to be provided by Coach to Client are life coaching services**.

1. **Coaching Process and Disclaimer:**

By purchasing Life Coaching services, you confirm that you have read and agree to each statement and that you wish to proceed:

1. I understand that the coaching services I will be receiving from my Life Coach are not offered as a substitute for professional mental health care or medical care and are not intended to diagnose, treat or cure any mental health or medical conditions. I also understand that while my Life Coach is a trained therapist, she will not be acting as a mental health counselor, nor will she be providing a diagnosis.
2. I understand that coaching is, at present, an unregulated industry. Nonetheless, you can be assured that Cherie Burgess is globally-recognized as a Board-Certified Coach (BCC) through the Center of Credentialing and Education (CCE).
3. I understand and agree that I am fully responsible for my well-being during my coaching sessions, and subsequently, including my choices and decisions.
4. I understand that coaching is not a substitute for counseling, psychotherapy, psychoanalysis, mental health care or substance abuse treatment, and I will not use it in place of any form of therapy.
5. I understand that all comments and ideas offered by my Life Coach are solely for aiding me in achieving my defined goals. I can give my informed consent, and hereby give such consent to my Life Coach to assist me in achieving such goals.
6. I understand that my Life Coach will protect my information as confidential unless I state otherwise in writing. If I report child, elder abuse or neglect or threaten to harm myself or someone else, I understand that necessary actions will be taken, and my confidentiality agreement limited in this capacity. Furthermore, if my Life Coach is ordered by a court to provide information or to testify, she will do so to the extent the law requires.
7. I understand that the use of technology is not always secure, and I accept the risks of confidentiality in the use of email, text, phone, Zoom and other technology.
8. I hereby release, waive, acquit and forever discharge my Life Coach, any agents, successors, assigns, personal representatives, executors, heirs and employees from every claim, suit action, demand or right to compensation for damages I may claim to have or that I may have arising out of acts or omissions by myself or by my Life Coach as a result of the advice given by my Life Coach or otherwise resulting from the coaching relationship contemplated by this agreement. I further declare and represent that no promise, inducement or agreement not expressed in this agreement has been made to me to sign this agreement. This agreement shall bind my heirs, executors, personal representatives, successors, assigns, and agents.
9. **Appointments:**

All Client services are by appointment only.

Coach reserves the right to bill Client in full for a missed appointment, if the meeting is not cancelled at least 24-hours prior to the scheduled time.

Client is expected to be available, prepared and on time for all appointments.

1. **Coaching Plan Fees:**

Client agrees to pay $ \_\_\_\_\_\_ for a 50- minute session. Extended Sessions are 75 minutes long and the fee is $ \_\_\_\_\_\_\_. Concierge Sessions in the Clermont/Groveland/Winter Garden area are an additional $\_\_\_\_\_\_. Sessions will occur \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (weekly, biweekly or monthly). Specific days/times will be created to best meet the scheduling needs of client and coach. The agreed upon initial payment is $\_\_\_\_\_\_\_\_\_\_\_\_\_. Additional payment of $ \_\_\_\_\_\_\_\_ will occur \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. **Payment:**

Payment is due **prior** to each session. We accept cash, credit, HSA/FSA, PayPal, check or money order. All checks are to be made payable to: GGLCC. PayPal payments can be done directly on our website: [www.growandgolifecoach.com](http://www.growandgolifecoach.com).

1. **Emergencies:**

If there is a medical emergency, physical or psychological, DO NOT CONTACT THE COACH. Emergency issues must be addressed directly by your doctor, or by dialing emergency 9-1-1 services if warranted.

1. **Terms and Termination of Services:**

The terms of the Agreement shall be in a month to month basis and will automatically continue under the same terms and conditions unless terminated by Coach or client by providing prior notice to the other party. Coach will refund any advance payments made for coaching services not yet rendered in accordance with the terms of the Agreement. Client understands and agrees that fees paid for services rendered, appointments canceled without required notice are not refundable. This Agreement may be amended upon agreement of the parties.

1. **Complete Agreement:**

This Agreement constitutes the entire agreement of the parties and reflects a complete understanding of the parties with respect to the subject matter and supersedes all prior written and oral representations, communications or agreements. The parties agree that this Agreement shall be deemed to have been signed and performed in the state of Florida (where Coach resides); and the laws of Florida (where Coach resides) will control herein.

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| Coach |  | | Date | |
|  | |  | |  |
| Client | |  | | Date |