

Person Coaching

650-261-6410

brian@personcoaching.com

Ben Lomond, CA 95005

Coaching Agreement

Dear Coaching Client,

Congratulations! You are on the verge of entering into a key time of personal growth and change. Please read this and ask any questions necessary so I can get started with you on your coaching experience.

My Coaching System

I coach my clients by utilizing questionnaires, asking questions, listening carefully to what you are telling me, jointly developing relevant homework, identifying your resources (experiences and qualities), creating strategies to overcome blocks to success, working toward a high degree of self-care, and identifying your values and vision. A key aspect of the coaching relationship is on developing appropriate action steps to help you move toward your goals and dreams. Although there are no guarantees on the outcomes from coaching, most people report significant progress on their goals.

Limits to Coaching

Coaching is not therapy. Although I am trained in psychotherapy, I do not engage in the practice of psychotherapy while coaching my clients. If issues arise that are best dealt with in a therapeutic context, I will, with your agreement, either refer you to an appropriately trained licensed therapist or I will enter into an a therapeutic only relation by initiating a written consent of treatment. By entering into this coaching relationship, and signing this agreement, you are agreeing that if any mental health difficulties arise during the course of the coaching relationship, you will notify me immediately so I may provide you the appropriate support or referrals.

Coaching Times/Fees/Cancellations

We will agree on a standard time for our telephone or face to face or online consultations. Once that time is established it will be exclusively reserved for you. If you need to cancel an appointment, please provide at least 48-hour notice or you will be charged for the appointment. My fees are \$200 (or negotiated amount) for 45-50 min, coaching appointments (\$300/80 min). Additional fees apply to most testing materials which are pre-determined on a case by case basis. Payment is due on the day of the session.

Confidentiality

The information you share with me will remain strictly confidential unless (1) you give specific permission to release the information or (2) I am required to release the information by law. Exceptions to confidentiality include information about intent to seriously harm an individual, child abuse, or elder abuse. Be aware that privilege may not

