

Coaching Agreement

Agreement between Alessia Nizzola (Coach) and _____ (Client) whereby Coach agrees to provide Coaching Services for Client.

Coaching Description

Coaching is a professional-client relationship that is designed to facilitate the creation and development of personal, professional or business goals and to develop and carry out a strategy/plan for achieving those goals.

Coach/Client Relationship

The Coach agrees to maintain the ethics and standards of behavior set by the *International Coaching Federation* (www.coachingfederation.org/ethics). The Client is advised to review the attached ICF code of ethics and applicable standards of conduct.

The Client understands and agrees that he/she is fully responsible for his/her physical, mental and emotional wellbeing during his/her coaching sessions, including his/her choices and decisions. He/She is aware that he/she can choose to discontinue coaching at any time.

The Client understands that coaching is a comprehensive process that may involve all areas of his/her life, including work, finances, health, relationships, education and recreation. He/She acknowledges that deciding how to handle these issues, incorporate coaching into those areas, and implement his/her choices is exclusively his/her responsibility.

The Client understands that coaching does not involve the diagnosis or treatment of mental disorders as defined by the American Psychiatric Association. He/She understands that coaching is not a substitute for psychotherapy, psychoanalysis, mental health counseling or substance abuse treatment and he/she will not use it in place of any form of diagnosis, treatment or therapy.

If the Client is currently in therapy or otherwise under the care of a mental health professional, he/she is advised to consult with the mental health care provider regarding the advisability of working with a coach and that this person is aware of the decision to proceed with the coaching relationship.

The Client understands that information will be held as confidential unless the Coach states otherwise, in writing, except as required by law.

The Client understands that coaching is not to be used as a substitute for professional advice by legal, medical, financial, business, spiritual or other qualified professionals. He/She will seek independent professional guidance for legal, medical, financial, business, spiritual or other

matters. The Client understands that all decisions in these areas are exclusively his/hers and acknowledges that his/her decisions and his/her actions regarding them are his/her sole responsibility.

Coaching sessions covered under this agreement will be conducted via Zoom unless otherwise stated.

Services

The services to be provided by the Coach to the Client are strategic in scope where the Coach facilitates the Client's personal and or business growth, and problem-solving abilities to achieve the Client's goals using various coaching methods.

Schedule & Fees

This coaching agreement is valid as of the date of signature, as follows:

Sessions	Cost
4	\$260.00
8	\$480.00
12	\$660.00
>12	\$55.00 per session

Coach and Client agreed that coaching would begin on or near _____ and continue for ___ sessions. Fees will be billed at the signing of this agreement. Sessions will be held for up to 60 minutes each, at the cadence of two sessions per month, or as otherwise mutually agreed. In case the Client wants to continue the relationship for more sessions, switching plan from 4 sessions to 8 or 12 or more, or from 8 sessions to 12 or more, only the difference of cost between the two plans will be billed. Should the engagement continue past this agreement, the same terms apply unless changed in writing.

Procedure

The time of the coaching meetings and/or location will be determined by Coach and Client based on a mutually agreed upon time. The Coach will set a zoom link for the sessions and will send it to the Client.

Confidentiality

This coaching relationship, as well as all information (documented or verbal) that the Client shares with the Coach as part of this relationship, is bound to confidentiality by the ICF Code of Ethics but is not considered a legally confidential relationship (like in Medicine or Law). The Coach agrees not to disclose any information pertaining to the Client without the Client's written consent. The Coach will not disclose the Client's name as a reference without the Client's consent. Confidential information does not include information that: (a) was in the Coach's possession prior to its being furnished by the Client; (b) is generally known to the public or in the Client's industry; (c) is obtained by the Coach from a third party, without breach of any obligation to the Client; (d) is independently developed by the Coach without use of or reference to the Client's confidential information; or (e) that the Coach is required by law to disclose.

Release of Information:

The Coach engages in training and continuing education pursuing and/or maintaining ICF (International Coach Federation) Credentials. That process requires the names and contact information of all Clients for possible verification by the ICF. By signing this section, the Client agrees to have only his/her name, contact information and start and end dates of coaching shared with ICF staff members and/or other parties involved in this process for the sole purpose of verifying the coaching relationship, no personal notes will be shared.

Client Agrees _____ Client Refuses _____

According to the ethics of our profession, topics may be anonymously and hypothetically shared with other coaching professionals for training, supervision, mentoring, evaluation, further coach professional development and/or consultation purposes.

Cancellation Policy

Client agrees that it is the Client's responsibility to notify the Coach 48 hours in advance of the scheduled calls/meetings. Coach reserves the right to bill Client for a missed meeting. Coach will attempt in good faith to reschedule if the cancellation is caused by an emergency.

Termination

Either the Client or the Coach may terminate this agreement at any time with 5 days written notice.

Limited Liability

Except as expressly provided in this agreement, the Coach makes no guarantees or warranties, express or implied. In no event will the Coach be liable to the Client for consequential or special damages. Notwithstanding any damages that the Client may incur, the Coach's entire liability under this agreement, and the Client's exclusive remedy, will be limited to the amount paid by the Client to the Coach under this agreement for all services rendered up until the termination date.

This is the entire agreement of the parties and reflects a complete understanding of the parties with respect to the subject matter. This agreement supersedes all prior written and oral representations.

If a dispute arises out of this agreement that cannot be resolved by mutual consent, the Client and Coach agree to attempt to mediate in good faith for up to 30 days after notice given. If the dispute is not resolved, and in the event of legal action, the prevailing party shall be entitled to recover attorney's fees and court costs from the other party.

Please sign and date and return one copy of this Client Agreement prior to the first scheduled coaching meeting.

ALESSIA NIZZOLA

Coach Signature and Date

FULL NAME

Client Signature and Date