

Happier and Healthier Coaching Client Sign Up Form

Family name: _____ Given name: _____

Address: _____

Phone: _____ Email: _____
(please print clearly)

Terms and Conditions

I, _____ (name), have understood and agree to the following terms and conditions as a client of Happier and Healthier Coaching:

1. I am fully responsible for my physical, mental and emotional well-being during my coaching sessions, including my choices and decisions. I am aware that I can choose to discontinue coaching at any time.
2. I understand that "coaching" is a professional-client relationship that is designed to facilitate the creation/development of personal, professional or business goals and develop a strategy/plan for achieving those goals.
3. I understand that coaching is a comprehensive process that may involve almost any area of my life, including work, finances, health, relationships, education and recreation. I acknowledge that deciding how to handle these issues, incorporating coaching into those areas, and implementing my resulting choices is exclusively my responsibility.
4. I understand that coaching does not involve the diagnosis or treatment of mental disorders as defined by the Australian Psychological Society. I understand that coaching is not a substitute for counselling, psychotherapy, psychoanalysis, mental health care or substance abuse treatment. I will not use coaching in place of any form of diagnosis, treatment or therapy.
5. If I am currently in therapy or otherwise under the care of a mental health professional, I confirm that I have consulted with the mental health care provider regarding the advisability of working with a coach and that this person is aware of my decision to proceed with the coaching relationship.
6. I understand that information I provide to Happier and Healthier Coaching will be held as confidential except as required by law or as a result of my coach's adherence to the International Coach Federation's Code of Ethics regarding confidentiality.
7. I understand that certain topics may be anonymously and hypothetically shared with other coaching professionals for training or consultation purposes.
8. I understand that coaching is not to be used as a substitute for professional advice by legal, medical, financial, business, spiritual or other qualified professionals. I will seek independent professional guidance for legal, medical, financial, business, spiritual or other matters.
9. If I am entitled to coaching as part of a gift or a prize, I understand that I am not entitled to a monetary reimbursement for any sessions I may not wish to use. I may, however, credit any number of unused coaching hours to a person of my naming. They, in turn, must agree to this agreement before they may receive coaching from Happier and Healthier Coaching.
10. I agree to be on time for my coaching sessions. If I need to reschedule a session, I will do this by providing at least 24 hours' notice to my coach. If I do not attend a session or I arrive later than the agreed meeting time, I will forfeit any time that I miss. Conversely, if my coach is late or is unable to make an agreed meeting time, they will provide me with at least 24 hours' notice and I will retain full credit for coaching sessions that I am entitled to.
11. I understand that standard coaching sessions are one hour in duration. I may, however, negotiate extended sessions, subject to the discretion of my coach. I understand that the percentage increase to the agreed coaching time will either translate to the same percentage increase in costs to me or the equivalent reduction of my credited coaching hours.
12. If, at any time, I am unsatisfied with the service provided by Happier and Healthier Coaching, I will discuss this with my coach.
13. These terms and conditions may be updated from time to time. I understand that the latest terms and conditions will be available on the Happier and Healthier Coaching web site and that the latest terms and conditions will supersede any previous versions.
14. If I am unsure about any of these terms and conditions, I may ask my coach for their interpretation. I am aware that my coach's interpretation is not advice. If I require legal advice, I will seek the opinion of a qualified legal practitioner.

Client signature: _____

Date: _____