

# Coaching Agreement

Agreement between:

Sheena Huculak (Coach) and \_\_\_\_\_ (Client).

Description:

Bulletproof Coaching is a consciousness transforming process that inspires and supports clients' in achieving their goals, realizing their potential, and upgrading their body, mind and energy.

Responsibilities:

1. Coach agrees to maintain the ethics and code of practice set by the International Coach Federation (ICF).
2. Client is responsible for creating and implementing his/her own decisions, choices, actions and results. As such, the Client agrees that the Coach is not and will not be liable for any actions or inaction, or for any direct or indirect result of any services provided by the Coach. Client understands coaching is not therapy and does not substitute for therapy if needed, and does not prevent, cure, or treat any mental disorder or medical disease.
3. Client understands that coaching is not to be used as a substitute for professional advice by legal, mental, medical or other qualified professionals and will seek independent professional guidance for such matters. If Client is currently under the care of a mental health professional, Coach will recommend that Client inform the mental health care provider.
4. Client agrees to communicate honestly, be open to feedback and assistance and create the time and energy to participate fully in the program.

### Services:

The parties agree to engage in a Coaching Program through Zoom and/or telephone meetings. Coach will be available to Client by e-mail (sheena.realfoodfirst@gmail.com) or by text (403-807-7751) in between scheduled meetings. Coach may also be available for additional time, per client's request on a prorated basis rate of \$40 CAD (for example, reviewing medical documents, reading or writing reports, engaging in other client related services outside of coaching hours).

### Schedule & Fees:

Individual Coaching Session: \$95/hour

1 Month Coaching Package: The fee of \$320 covers the agreed upon four sessions.

2 Month Coaching Package: The fee of \$640 covers the agreed upon eight session, either paid in full prior to first session at \$576, or monthly payments of \$320.

3 Month Coaching Package: The fee of \$960 covers the agreed upon twelve sessions, either paid in full prior to the first session at \$864 or monthly payments of \$320.

The coaching sessions will last on average 60 minutes on a weekly basis. Unless otherwise specified by coach/client.

### Procedure:

The time of the coaching meetings will be determined by Coach and Client based on a mutually agreed upon time. The Coach will initiate all scheduled calls through zoom for all scheduled meetings. If the Coach will be at any other number for a scheduled call. Client will be notified prior to the scheduled appointment time.

### 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.



**Termination:**

Either the Client or the Coach may terminate this agreement at any time with two weeks 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.

Thank you!

Please sign this Client Agreement prior to the first scheduled coaching meeting.

Retain one copy for your records.

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

