



Workshop Coaching Agreement

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1. Purpose:

The purpose of this agreement is to inform the workshop participant of their rights and responsibilities within this coaching group.

2. Scope:

For this workshop, our coaching relationship will be centered on the topic of **Perfectionism**. We will discuss the detriment of perfectionism, the areas in our lives driven by this tendency, and form new ways in which to cope and reframe our self talk. For cohesion and respect for all participants, straying off topic will be redirected within the group.

3. Coaching Relationship Logistics:

This coaching relationship is for the period of twenty-one (21) days from **May 1st 2015 through May 21st 2015**.

- ◆ We promise open and honest communication with one another.
- ◆ Christine will post a new coaching question daily during this period within the group.
- ◆ Christine will respond once daily to comments and posts by participants.
- ◆ Participants may participate at any time of day, and may interact with one another throughout the day.
- ◆ Participants may post additional materials in the group as long as they are respectful, on topic and motivational in nature.
- ◆ Christine reserves the right to remove any post or comment determined to be off topic or potentially disrespectful.
- ◆ If I (participant) do not appear in group for more than 3 consecutive days, I will email or send a private message to Christine to explain the circumstances and identify any necessary support. Email address: Christine@worthandwisdom.com

4. Financial Arrangements / Fees:

I agree to pay Christine Morgan, CPC, a one-time investment of \$99 for this workshop. If I decide for any reason to cancel my participation in this workshop, Christine Morgan will refund a minimum of 50% of my fee, regardless of date of cancellation, upon my request.

5. Coaching Agreements and Disclosures:

As a client, I understand and agree that I am fully responsible for my physical, mental and emotional well-being during the workshop, including my choices and decisions. I am aware that I can choose to discontinue participation at any time.

I understand that "coaching" is a Professional-Client relationship I have with my coach that is designed to facilitate the creation/development of personal, professional or business goals and to develop and carry out a strategy/plan for achieving those goals.

I understand that coaching is a comprehensive process that may involve all areas of my life, including work, finances, health, relationships, education and recreation. I acknowledge that deciding how to handle these issues, incorporate coaching into those areas, and implement my choices is exclusively my responsibility.

I understand that coaching does not involve the diagnosis or treatment of mental disorders as defined by the American Psychiatric Association. 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 diagnosis, treatment or therapy.

I promise that if I am currently in therapy or otherwise under the care of a mental health professional, 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.

I understand that information will be held as confidential unless I state otherwise, in writing, except as required by law.

I understand that certain topics may be anonymously and hypothetically shared with other coaching professionals for training OR consultation purposes.

I understand that my contact information, including only name, email address and phone number may be given to the ICF (International Coaching Federation) along with the time frame and hours of the coaching relationship in order to further my coach's professional accreditation.

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. I understand that all decisions in these areas are exclusively mine and I acknowledge that my decisions and my actions regarding them are my sole responsibility.

My purchase of this workshop indicates that I have read and agree to the above.

Client name: _____ Date: _____