Wellness Coaching Agreement

Client:

1. I am ready and able to invest the time necessary to make improvements to my overall well-being.
2. I acknowledge that I am fully responsible for my own progress through my choices and decisions during this process.
3. I will participate wholeheartedly with my coach and will commit to being on time our sessions.
4. I agree to openly and honestly share any personal information related to my wellness and progress.
5. I understand that information discussed will be held as confidential unless I state otherwise, in writing, except as required by law.
6. I understand I may have setbacks in my behaviors and that these are a normal part of behavior change that may be used positively to establish new behaviors.
7. I understand that I need to ask for the resources, support and feedback I need from my coach.
8. I am aware that I can choose to discontinue coaching at any time during this process if I feel this service is not meeting my needs.
9. I recognize that coaching is not a substitute for counseling.

Coach:

1. I will facilitate an agreement that makes clear the nature of the wellness coaching process.
2. I will support you as you create your own wellness plan and path to change.
3. I will encourage you as you build the ability and confidence to reach your goals and a higher level of well-being.
4. I will listen to you attentively and without judgment on my own agenda.
5. I am committed to being honest and forthright with my feedback.
6. I will promote realistic expectations throughout our discussions and with goal setting.
7. I will ask questions when needed and encourage you to arrive at your own answers.
8. I will assist you in identifying creative solutions as you work through barriers that may arise.
9. I will ask your permission before providing advice or direction.
10. I will make the appropriate referrals for topics that may arise outside of my scope of practice.

Client’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coach’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_