

JOURNEYWORK CALIFORNIA COACHING AGREEMENT

Client Name:

Address:

Phone:

Email:

Preferred way of being contacted: ___ Email ___ Text ___ Phone

Welcome to Journeywork California's Transformational Life Coaching Programs. Over the course of _____ weeks we will go on an in-depth journey of personal transformation. This coaching agreement ("Agreement") is between you and Journeywork California, Inc., a California C-Corporation. It sets forth the standards and boundaries under which you and Francisca B. Michel, principal of Journeywork California, Inc, will work together. Please take the time to read though this Agreement and ask any questions before we start on this exciting journey together.

1. COACHING RELATIONSHIP. As your life coach, Francisca serves as your partner in finding self-love, self-acceptance, and personal growth. She is part coach, part "partner-in-believing", part teacher and part practitioner. Her goal is to help discover within yourself the beliefs or issues that are blocking you from getting all you want out of life and to help elicit from within you your own best solutions or new ways of being to live more of the life you want to live.

Life coaching is not therapy, and Francisca is not a therapist. A life coach does not diagnose or treat disorders. Life coaching may be effective either as a precursor, complement or follow-up to therapy. If you are currently in therapy, you are strongly encouraged to inform your therapist that you are also engaged in coaching, to help ensure that their work with you is mutually supportive towards your goals.

If you are not in therapy, it is possible, depending on individual circumstances, that your life coach may recommend at some point that you consult with an appropriate mental-health professional before continuing with further coaching services.

2. CLIENT RESPONSIBILITIES. For coaching to be most effective, the client must make a commitment to take an active part in the process, which may include identifying your own goals, and desired outcomes, and doing "exercises-assignments" and follow-up activities in between sessions.

As the client, you supply the agenda or topic of discussion for each session. It is important that you are truthful and authentic saying what you believe and feel, sharing shortfalls as well as successes - and not just tell the coach what you think she wants to hear or what you may wish you could truthfully say.

Of course you are also responsible to pay your coaching fees on time, as agreed upon and to show up to sessions at agreed-upon times, ready to work.

3. PROCESS. Coaching is delivered through regularly scheduled sessions in-person, by telephone, or via Skype. Francisca also offers spot coaching sessions to clients based on an as needed basis and based on Francisca's availability.

Although The Programs that Francisca offers are based on a tested process that Francisca has cultivated over numerous years of coaching, the success of the program falls on you, the client. You will experience the greatest transformation through total buy-in and 100% commitment to the program.

4. TERM. Journeywork California offers two different programs depending on the type of transformation you are looking for. Emotional Healing, The Transformational Coaching Program.

- a. The Transformational Coaching Program. A combination of laser-coaching, mind-over-matter teaching and emotional healing. Weekly 1.5 hour sessions. A minimum of 12 sessions (3 months) is recommended. Ongoing Program month to month.
- b. Emotional Healing. 1.5 – 2.5 hour sessions. The Number of sessions depend on the issue the client wishes to resolve.

5. APPOINTMENTS. Appointments should be scheduled one week in advance. Emotional Healing Sessions last between 1.5 to 2.5 hours. Transformational Coaching appointments last 90 minutes.

JOURNEYWORK CALIFORNIA COACHING AGREEMENT

a. Cancellations. Francisca understands that emergencies happen and things can pop up last minute. However, part of this program is about cultivating integrity. This means sticking to your commitments. Therefore, you are kindly requested to keep all appointments set up with Francisca. If something does come up and you will be unavailable to make an appointment, please notify Francisca at least 24 hours in advance for any cancellations.

6. FEES. The cost of the program is _____

a. **Fees paid in advance.** All fees are required up-front of the program. Based on the program you selected you are guaranteed a number of ____ coaching sessions. If you are paying month to month, monthly fees in the amount of _____ are required to be paid on these dates: _____.

b. **No charge for initial exploratory session.** Before agreeing to work together, coach and prospective client will have an initial, no-fee, "get to know each other" session to determine whether both feel reasonable confident that the prospective client can benefit from the coaching relationship.

c. **Payment methods accepted.** Journeywork California accepts payments through cash and check. Credit cards are also acceptable. Payment is requested at the first meeting of the program.

7. TERMINATION: TRANSFORMATIONAL COACHING PROGRAM. To get the greatest benefits out of working together, coach and client should begin the coaching relationship with the intention of working together for an initial period of at least 1 month.

Either party may end the coaching relationship at any point, for any reason. However, client and coach agree to have a final session by telephone before concluding the coaching relationship. The client agrees not to terminate coaching through an email notice alone, or by simply discounting communication with the coach without a concluding coaching session by telephone.

Before completion of the coaching relationship, client and coach agree to settle financially, with the client paying for all coaching sessions received to date, as agreed. The coach will refund the client for the unused portion of any pre-paid coaching services.

8. NO GUARANTEE. You understand that the outcomes desired cannot be guaranteed. Francisca has seen numerous clients create powerful breakthrough-results by having the courage and determination to apply the principles coach and client discuss. Francisca promises to use her best abilities to help each of her clients manifest the life of their vision, and the responsibility lies on each of the clients.

9. CONFIDENTIALITY. I understand that information will be held confidential unless I state otherwise, in writing. I understand that if I report child or elder abuse or neglect or threaten to harm myself or someone else, I understand necessary actions will be taken and my confidentiality agreement limited in this capacity. Additionally, I understand that the use of technology is not always secure and accept the risks of confidentiality in my use of email, text, phone, Skype and other uses of technology.

10. DISCLAIMER/HOLD HARMLESS. I understand coaching requires emotional, physical and mental efforts, exertion and behavioral experimentation, on my part, which may cause mental or emotional injury. I fully acknowledge and take full responsibility for all the risks involved. I understand that it is my responsibility to consult with my primary health care provider prior to participating and should I choose not to consult my health care provider, I accept full responsibility waiving all rights to liability or any claims against Journeywork California, Inc. and/or Francisca B. Michel, any of its agents, administrators, or employees. I attest to the fact that I have disclosed all relevant information regarding my physical, emotional and mental conditions that could cause harm to me by participating in these programs. I, my heirs, or legal representatives forever release, waive, discharge and covenant not to sue Journeywork California, Inc. and/or Francisca B. Michel for any injury, harm or death caused by either negligence or other acts. I have read and understand the Coaching Agreement Form, all its contents and I voluntarily agree to the terms and conditions stated above.

By: _____ Date: _____ Print Name: _____