

LIFE COACHING AGREEMENT PLEASE READ AND SIGN THE FOLLOWING PRIOR TO SEEING BOBBY BAINS, BHSc.

Client name: _____ Tele#: _____

CONFIDENTIALITY

Confidentiality means that Bobby Bains has a responsibility to safeguard information obtained during Coaching sessions.

All identifying information about your assessment and suggestions are kept confidential, except as mandated by law. You must sign a release of information before any information about you is given to anyone, except as mandated by law.

In certain situations, Life Coaches are required by law to reveal information obtained during sessions to other persons or agencies without your consent. In such situations, Bobby Bains is not required to inform you of his actions. Please note the following exceptions to confidentiality:

- Confidentiality does not apply to cases of suspected abuse/neglect of children or the elderly.
- Confidentiality does not apply to cases of potential harm to self or others.
- A Life Coach may disclose confidential information in proceedings brought by a client against a professional.
- Confidentiality does not apply to cases involving criminal proceedings, except communications by a person voluntarily involved in a substance abuse program.
- Confidentiality may not apply in cases involving legal proceedings affecting the parent-child relationship.
- Confidentiality may not apply to cases involving a minor child. In such cases, the Life Coach may advise a parent, managing conservator or guardian of a minor, with or without minor's consent, of the treatment needed by or given to the minor.

The Coaching Relationship: Throughout the working relationship the coach will engage in direct and personal conversations. The client can count on the coach to be honest and straightforward in asking questions and making requests. The client understands that the power of the coaching relationship is granted by the client. The coach relationship is professional and strictly confidential.

Problems: If I ever say or do something that doesn't feel right, please bring it to my attention during the session. As your coach, I am 100% committed to you being powerful, successful and to you having the life you want.

Services provided: The service to be provided by the coach to the client is coaching in person and/or via telephone, as designed jointly with the client.

Client agreements: Speaking as you, the client:

1. I understand that I am fully responsible for my well-being during my coaching sessions, including my choices and decisions. I am aware that I can choose to discontinue coaching at any time. I recognize that coaching is not psychotherapy or any form of medical treatment, and that professional referrals will be given if needed.
2. I understand that "life coaching" is a relationship I have with my coach. It is designed to facilitate the creation/development of personal, professional, and/or business goals and to develop and carry out a strategy/plan for achieving those goals.
3. I understand that life coaching is a comprehensive process that may involve all areas of my life, including work, finances, health, relationships, educations and recreation. I acknowledge that deciding how to handle these issues and implement my choices is exclusively my responsibility.
4. I understand that life coaching does not treat mental disorders as described by the Canadian Mental Health Association. I understand that life coaching is not a substitute for counselling, psychotherapy, psychoanalysis, mental health care or substance abuse treatment, and I will not use it in place of any form of therapy.

5. I acknowledge that if I am currently in therapy or otherwise under the care of a mental health professional, I have consulted with this person regarding the advisability of working with a life/wellness coach and that this person is aware of my decision to proceed with the life coaching relationship.
6. I understand that information will be held as confidential unless I state otherwise, in writing, except as required by law.
7. I understand that certain topics may be anonymously shared with other life coaching professionals for training or consultation purposes.
8. I understand that life coaching is not to be used in lieu of professional advice. I will seek 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 responsibility.

Fees for these services are due and payable at the time of booking. All payments can be made either online (www.gobindwellness.com) or with our central intake office (1-855-593-1157).

"Missed Appointments" Policy Agreement

Missed appointments represent a loss of an opportunity for someone else to receive services from me. Therefore, I would appreciate knowing as soon as possible if you are going to miss an appointment. Without a full **24 hours notice**, I will have to charge you the **full fee for any session that is missed**. Please note, any late arrival of equal to or greater than 20min from the start of the scheduled appointment time will be considered a "missed visit" and will be charged to you the full fee as well. If you are running late for your appointment, please notify our central intake office as soon as possible (1-855-593-1157).

I have read and agreed to the above.

Client Signature_____

Date_____