



Life Coaching Contract

This Life Coaching Agreement ("Agreement") dated on this ____ day of _____, 20__ (the "Effective Date") is made between _____ (the "Life Coach") and _____ (the "Client"), for the purpose of setting forth the exclusive terms and conditions by which the Client desires to acquire the Life Coaching Services ("Services") from the Life Coach.

WHEREAS, the Life Coach is engaged in the business of providing Life Coaching Services.

WHEREAS, the Client wish to avail such services from the Life Coach in accordance with the terms and conditions of this contract.

NOW, THEREFORE, FOR ALL GOOD AND VALUABLE CONSIDERATION, the Life Coach and the Client hereby agree as follows:

Life Coach and Client Goals. The Client desires to achieve the below goals to boost and reach their full potential in the following area(s) of his or her life:

Scope of Services. The Client retains the above-referenced Life Coach, and the Life Coach agrees to perform for the Client, certain Services set forth in **Exhibit A** to this Agreement. Any Service outside of the scope as defined in Exhibit A to this Agreement may require a new Agreement for other services agreed to by the Parties.

Consideration and Compensation. In exchange for the services rendered by the Life Coach, the Client agrees to compensate the Life Coach as follows:

Life Coach and Client Schedule. The date and location of the Life Coaching Services as defined in this Agreement shall be performed as set forth in **Exhibit B** ("Life Coaching Schedule"). The Life Coach shall perform the Services for the Client on the dates and times as agreed to and as defined in Exhibit B and shall observe all the holidays of the Life Coach.

The Client and Life Coach Relationship. The Parties understand that the Client-Life coaching relationship is a partnership or alliance between the Client and Life Coach. This Client-Life coach relationship is an alliance and not a legal relationship.

The Client acknowledges and understands the Services of the Life Coach is an inclusive and comprehensive process that may delve into certain areas of the Client's personal life, including but not limited to, the

Client's life, relationships, career, education, recreation, fitness, and finances. The Client fully acknowledges that it is his or her ultimate personal decision as to how he or she decides to implement the Life Coach's services, techniques, advice into such his or her life.

The Client acknowledges and understands that the Services rendered by the Life Coach is not therapy and under no circumstances is it a substitute for therapy if needed. Further, the Life Coach and Services does not diagnose, cure, prevent, or treat any mental disease or disorder.

Duties and Responsibilities of the Life Coach and Client. The Life Coach and Client agree to uphold their respectful obligations under this Life Coaching Contract. The parties acknowledge the Parties responsibilities and duties under this Contract are vital for the Client and Life coaching relationship to be successful.

The Life Coach agrees to uphold the standards of behavior and ethics as defined by the International Coach Federation¹ ("ICF"). The ICF is a globally recognized standard for life coaching and other comparable Client-Coaching relationships.

The Client agrees to stay in efficient and reasonable communication with the Life Coach. The Client agrees to provide honest feedback to the Life Coach and to fully devoted and engage in the Life Coach's program and respective services they agree to provide.

Cancellation Policy. Should the Client need to cancel a scheduled Life Coach Session ("Session") a twenty-four (24) hour notice is required. Notice must be provided by phone and confirmed in writing. If the Client fails to give a minimum of twenty-four (24) hour notice on more than one occasion, Client may be required to pay the fee for the canceled Session.

Canceling more than 3 consecutive Sessions, or more than 5 total scheduled sessions, without prior consent of the Life Coach, shall be deemed a material breach.

In the event the Life Coach needs to cancel a scheduled Session, twenty-four (24) hour notice will be given to the Client by phone and confirmed in writing. If the Life Coach fails to give twenty-four (24) hour notice, Client will receive one (1) free Session for each occurrence.

Term and Termination. This Life Coaching Contract may be terminated at any time by mutual agreement by the Life Coach and Client. If Client decides to terminate the Life Coaching Contract and Client has paid for 10-packaged sessions, Client's refund will be based on a per session rate rather than the discounted packaged rate. Completed sessions will be calculated at higher rate and refund for balance based on number of sessions completed.

This Life Coaching Contract shall be effective on the date hereof and shall continue until terminated by either party upon 10 business days written notice.

The Client understands that the Life Coach may terminate this Agreement at any time if the Client fails to pay for the Services provided under this Agreement or if the Client breaches any other material provision listed in this Life Coaching Contract. The Client agrees to pay any outstanding balances within 10 days of termination.

¹ Coachfederation.org/ethics

Confidentiality. Any and all parties of this Contract, including all attachments hereto, shall be strictly construed and considered confidential in nature. Neither the Life Coach or the Client shall have the right and entitlement to disclose any information and detail in relation to the Contract and the Services herein represented and embodied. Such disclosure shall be considered a material breach of this Life Coaching Contract and shall be subject to further action by the aggrieved party.

The Client understands that this Client-Life Coach Contract is not protected by legal confidentiality. Therefore, the Life Coach may be required to disclose otherwise confidential information to authorities.

Limited Liability. The Life Coach makes no guarantees, warranties, or representations of any kind, express or implied with respect to the Services rendered and negotiated subject to this Agreement. In no event shall the Life Coach be held liable to the Client for any special, direct, or consequential damages arising out of Life Coaching services. Notwithstanding any damages that the Client may acquire, the Life Coach's under this Life Coaching Contract, and the Client's sole remedy, shall be limited to the amount paid by the Client to the Life Coach under this Contract for all Services rendered throughout the duration of this Contract, including the date of termination. Client agrees that the Life Coach is not responsible for any inaction or actions, or for any indirect or direct result(s) of any Services rendered by the Life Coach.

Dispute Resolution and Governing Law. Parties to this Agreement must attempt to settle any dispute through good-faith negotiation. If the dispute cannot be settled between the parties via negotiation, either party may initiate mediation in the State of California.

Legal Fees. Should a dispute between the named Parties arise lead to legal action, the prevailing Party shall be entitled to any reasonable legal fees, including, but not limited to attorneys' fees.

Severability. If any term or provision of this Agreement is invalid, illegal, or unenforceable in any jurisdiction, such invalidity, illegality, or unenforceability shall not affect any other term or provision of this Agreement or invalidate or render unenforceable such term or provision in any other jurisdiction.

No Waiver. No waiver of or failure to act upon any of the provisions of this Agreement or any right or remedy arising under this Agreement shall be deemed or shall constitute a waiver of any other provisions, rights or remedies (whether similar or dissimilar).

Electronic Signatures. This Agreement and related documents entered into in connection with this Agreement are signed when a party's signature is delivered electronically, and these signatures must be treated in all respects as having the same force and effect as original signatures.

Entire Agreement. This Agreement constitutes the sole and entire agreement of the Parties regarding the subject matter contained herein, and supersedes all prior and contemporaneous understandings, agreements, representations, and warranties, both written and oral, regarding such subject matter. This Agreement may only be amended, modified, or supplemented by an agreement in writing signed by each Party hereto.

[Signatures on Following Page]

IN WITNESS WHEREOF, the undersigned have executed this Life Coaching Contract effective as of the _____ day of _____, 20__ (the "***Effective Date***").

Dated: _____

Dated: _____

Life Coach's Signature

Client's Signature

Life Coach's Printed Name or Entity

Client's Printed Name or Entity

Life Coach's Contact Information:

Client's Contact Information:

Address:

Caryn Chavez / New Outlook Life Coaching
Yorba Linda, CA

Address:

Phone Number(s):

Phone Number(s):

Email Address: _____

Email Address: _____

EXHIBIT A

LIFE COACHING SERVICES

The Life Coach agrees to provide the following Services:

Additional Services. The Life Coach can also or may provide the additional services to the Client as follows:

Additional services may include reading or writing reports, reviewing documents, or communication or engaging with Client outside of Life Coaching hours. Such Additional Services shall be provided to the Client upon written request to the Life Coach, and at such time, the Life Coach shall provide to the Client price quotes for any Additional Services requested.

The Life Coach shall perform the Life Coach Services at the following location(s):

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

CLIENT'S INFORMATION FOR LIFE COACHING SESSIONS	
Phone Number	
Email Address	
Internet Chat and/or Video Handle:	
Other	
LIFE COACH'S INFORMATION FOR LIFE COACHING SESSIONS	
Phone Number	
Email Address	
Internet Chat and/or Video Handle:	
Other	

*Each Party is responsible for notifying the other Party should their contact information change.

EXHIBIT B

LIFE COACHING SESSION SCHEDULE

____ **Weekly.** The Parties agree to meet on a weekly basis via phone, in-person, or via internet communications.

Weekly Schedule (Optional)

Day of Week	Phone	In-Person	Internet	Time	Other
Sunday				__: __ to __: __ A.M./P.M.	
Monday				__: __ to __: __ A.M./P.M.	
Tuesday				__: __ to __: __ A.M./P.M.	
Wednesday				__: __ to __: __ A.M./P.M.	
Thursday				__: __ to __: __ A.M./P.M.	
Friday				__: __ to __: __ A.M./P.M.	
Saturday				__: __ to __: __ A.M./P.M.	
Sunday				__: __ to __: __ A.M./P.M.	

____ **Monthly.** The Parties agree to meet on a monthly basis via phone, in-person, or via internet communications as follows:

The Parties acknowledge that the above days, location, and time(s) are subject to change. Each Party agrees that such change shall be confirmed and agreed to in writing. The Parties are held to the cancellation policy as defined in the Life Coaching Contract.

Other:
