



Barbara Cox, PhD  
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## Consulting and Coaching Agreement

Dear Client,

I assist my clients by using questionnaires, asking questions, listening carefully to what you tell me, jointly developing relevant homework, applying various energy psychology coaching methods, teaching you motivational guided imagery tools, identifying your resources (experiences and qualities), creating strategies to overcome blocks to success, working toward a high degree of self-care, and identifying your values and vision. A key aspect of the coaching relationship is on developing appropriate action steps to help you move toward your goals and dreams. Although there are no guarantees on the outcomes from coaching, most people report significant progress on their goals.

Coaching is **not** therapy. Although I am trained in psychotherapy, I do not engage in the practice of psychotherapy with my coaching clients. If issues arise that are best dealt with in a therapeutic context, I will refer you to an appropriately trained licensed therapist. In entering into the coaching relationship, and signing this agreement, you are agreeing that if any mental health difficulties arise during the course of the coaching relationship, you will notify me immediately so that I may provide you with appropriate referrals.

We will agree on a standard time for our telephone and/or in-person consultations. Once that time is established, it will be reserved for you. If you need to cancel an appointment, please provide at least 24-hour notice or you will be charged for the appointment. My fees are \$ 240 a month for 3 half-hour coaching appointments, with 3 optional email homework "check-ins"; or \$440 a month for 3 hour-long coaching sessions.

Payment is usually made, in full, at the first session of the month. Additional appointments can be scheduled, if you would like more than 3 sessions per month. For relationship consulting, those can be scheduled on an as-needed basis, and the rate is \$150 per hour, or \$75 per half hour.

The information you share with me will remain strictly confidential unless (1) you give specific permission to release the information or (2) I am required to release the information by law. Exceptions to confidentiality include information about intent to seriously harm an individual, child abuse, and elder abuse. Be aware that privilege may not apply to coaching; in other words, coaching records may be able to be subpoenaed. Some means of communication, such as wireless telephones and e-mail, may not be secure from eavesdropping, so if you agree to their use you are indicating your agreement to utilize a communication medium that may not be confidential.

Each party agrees to indemnify, defend, and hold harmless the other party and its agents, officers, and employees from and against any and all liability expense, including defense costs and legal fees incurred in connection with claims for damages of any nature whatsoever, including but not limited to, bodily injury, death, personal injury, financial or businesses losses, or property damage arising from such party's performance or failure to perform its obligations hereunder.

Coaching usually leads to improvements and positive changes in one's life. We will discuss the pros and cons of coaching together, and any questions you may have.

I believe that each of my clients is unique, creative, and responsible for moving their own life forward. I look forward to working with you!

Sincerely,  
Barbara Cox, PhD

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Personal and Executive Coach      Date

*I fully understand and agree to the above document.*

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Client Signature      Date