

## Private Coaching Agreement

Name \_\_\_\_\_

Date of Birth \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

The purpose of this agreement is to establish the standards and parameters of our relationship. It defines what your responsibilities are and what our promises to you are.

### **Your responsibilities:**

Show up on time at your scheduled time. If you show up late, the session does not extend beyond the time that was scheduled. Pay fees at the beginning or end of each session. (We accept cash or credit cards). Give 48-hour notice to reschedule an appointment. Phoenix ([phoenix@blossomandbe.com](mailto:phoenix@blossomandbe.com)) or Avyanna ([avyanna@blossomandbe.com](mailto:avyanna@blossomandbe.com)). We understand things come up that may require your attention and we are flexible in scheduling to accommodate your needs. 48-hour notice for rescheduling allows us to book the open time with another client. Without the 48-hour notice, we need to charge full amount for a missed appointment. Be honest with us at all times. You can say anything to us, positive or negative. Be honest in your responses, AND let us know if something makes you uncomfortable or you don't want to respond to a question.

### **What we promise you:**

Be present and available for you at your scheduled time. Be unconditionally confidential, fair, and supportive at all times.

If we ever say something that upsets you or doesn't feel right, bring it up. We promise to do what is necessary to have you be satisfied.

The point of coaching is to support you in resolving conflict, deepening your connection with yourself and others, and enrich your life as a result of our collaboration. If within our relationship, it becomes apparent that coaching is not working for you, or that you are not really ready for it at this time, either one of us can terminate it after discussing it openly.

## **Clarification of Services**

Phoenix Bartalos and Avyanna Grace doing business as Blossom & Be Wellness Retreat offers services in education and training. The teachings, instruction, advice, training, recommendations, counsel and referrals provided through written material, in individual coaching, course sessions, and phone communications, are not a cure or remedy for physical or psychological problems. Information, education, instruction and coaching provided in coaching sessions are designed to support, not replace, medical care or any relationships that currently exist between clients and their physicians, psychiatrists, or therapists.

Blossom & Be Wellness Retreat offers no clinical diagnosis of, or medical treatment for, any physical illnesses, mental disorder, or emotional dysfunctionality that an individual may have. Where the practice of compassion is suggested in relation to well-being, it is done solely as education, coaching, mentoring and teaching.

## **Precautions and Permissions**

If you are under any prescribed medications or have any serious medical or mental problem—such as bipolar, anxiety, or personality disorders, heart disease, hypertension, chemical dependency, chronic pain, terminal illness, or any recent surgical procedures—please consult your treating physician, psychiatrist, counselor, or psychotherapist before applying for the course or scheduling a session.

If you are at all suicidal or at risk of hurting someone, we would like you to be in therapy with a local therapist who can assess you more completely and who has the ability to intervene appropriately to protect you or others.

Except in the case of gross negligence or malpractice, I or my representative(s) agree to fully release and hold harmless Blossom & Be Wellness Retreat from and against any and all claims or liability of whatsoever kind or nature arising out of or in connection with my session(s).

I have read and understand the above agreement:

\_\_\_\_\_  
Client Signature

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_