



POWERFUL MINDS

— Girls Mindset Coaching —

COACH

Kelley Lewis

Powerful Minds Coaching

364 Cottage Creek Ct

Midway, UT 84049

802-793-5055

Client Agreement & Informed Consent

DURATION:

This agreement is between KELLEY LEWIS d/b/a POWERFUL MINDS COACHING (“Coach”, “us”, or “we”), and the Coachee (or, in the case of a minor, the Coachee’s parent or legal guardian, the “Representative”) and will begin upon receipt of the coaching service payment. By checking the “I Agree” box and entering your name below, you acknowledge that you have read, understood, and agree to the terms of this agreement. Should the Coachee choose to continue coaching beyond the initial coaching session, the below terms apply for the duration of the ongoing coaching engagement for up to one year. The Coach or Coachee may choose to terminate this agreement at any time.

COACHING SERVICES.

The International Coach Federation defines coaching as, “partnering with coachees in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.” Coaching services will be provided by KELLEY LEWIS. Virtual coaching sessions will occur during a pre-scheduled 45-minute session via video (or phone) meeting, as prescheduled by the Coachee.

STRUCTURE OF COACHING SESSIONS.

During our sessions together, the Coachee will be a very active participant in the coaching process. In addition to talking with the Coach, the Coachee will commit to “action items” and be asked to practice techniques between sessions. The Coachee’s commitment to doing this work outside our live sessions is crucial to success. It is expected that the Coachee will follow through on all coaching action and practice commitments prior to our live sessions together.

FEES.

The Coachee understands and agrees to pay the virtual coaching session fee in the amount of \$175 per 45 minute session (or as otherwise outlined in a coaching bundle, package, or special discounted offering). All payments are due in advance to secure pre-scheduled coaching slots.

INSURANCE ISSUES.

We are not a health care provider and do not provide therapy or health care services. As such, we do not accept third-party reimbursement from health insurance carriers. We do not accept assignment of benefits, nor do we participate in managed care insurance plans (HMO's and PPO's). The Coachee is responsible for paying for all coaching services in full.

RESCHEDULING/CANCELLATION.

Coaching fees are non-refundable. Rescheduling/cancellation of an appointment must be made 24 hours in advance. Coachees are responsible to contact the Coach 24 hours in advance to reschedule, if necessary, for the next available time slot. The Coachee forfeits the session fee for rescheduling or cancellation less than 24 hours in advance. No refunds available for no shows.

CONFIDENTIALITY AND EMERGENCY SITUATIONS.

Your verbal communication and coaching records are strictly confidential between the Coach and Coachee except for (1) information you report to the Coach about physical or sexual abuse, (2) when you sign a release of information to have specific information shared with your physician or therapist, (3) when you provide information that informs me that you are in danger of harming yourself or others, and (4) when subpoenaed by the court. While the Coach is not a mandatory reporter, we feel obligated to report abuse or danger of harm to the applicable authorities.

If the Coachee is a minor, a summary of coaching sessions sharing overview content is available to parents/guardians upon request to keep parents/guardians apprised of coaching progress. For example, an email "recap" may be sent to the parent/guardians upon request with a CC: to the minor Coachee, for transparency, including an overview of coaching topics (e.g., personality, strengths, self-concept, self-awareness, learning approach, structuring tools for success, emotional intelligence, social intelligence, etc.). Detailed information of Coachee communications to the Coach through the coaching relationship is held in confidence unless it meets any one or more of the four exceptions noted above.

LIMIT OF LIABILITY.

YOU EXPRESSLY UNDERSTAND AND AGREE THAT THE COACH SHALL NOT BE LIABLE TO YOU FOR:

(A) ANY DIRECT, INDIRECT, INCIDENTAL, SPECIAL CONSEQUENTIAL OR EXEMPLARY DAMAGES WHICH MAY BE INCURRED BY YOU, HOWEVER CAUSED AND UNDER ANY THEORY OF LIABILITY. THIS SHALL INCLUDE, BUT NOT BE LIMITED TO, ANY PERSONAL INJURY, EMOTIONAL DISTRESS, LOSS OF GOODWILL, OR OTHER INTANGIBLE LOSS;

(B) SOME JURISDICTIONS AND STATES PRECLUDE LIMIT OF LIABILITY CLAUSES. IN THE EVENT DAMAGES ARE ASSESSED, THE LIMIT OF LIABILITY FOR THE COACH SHALL NOT EXCEED THE TOTAL AMOUNT PAID BY OR ON BEHALF OF COACHEE TO THE COACH FOR THE IMMEDIATELY PRECEDING SIX MONTHS.

(C) YOUR COACH WILL NOT TELL YOU WHAT TO DO, AND YOU, AS THE COACHEE, ARE ALWAYS EMPOWERED TO CHOOSE AND ARE HELD RESPONSIBLE FOR YOUR ACTIONS. THE COACHEE ASSUMES ALL RESPONSIBILITY FOR ANY ACTION TAKEN IN RELATION TO A COACHING SESSION AS WELL AS ALL OUTCOMES AND RESULTS.

(D) IN THE EVENT THAT THE COACHEE DIVULGES INFORMATION THAT THE COACH DETERMINES INDICATES THAT THE CLIENT IS A RISK TO HIM/HERSELF OR OTHERS, THE COACH SHALL NOTIFY THE COACHEE'S PARENTS (IF A MINOR) AND/ OR OTHER APPROPRIATE PERSONNEL.

THE LIMITATIONS ON THE COACH SHALL APPLY WHETHER OR NOT THE COACH IS NEGLIGENT OR HAS BEEN ADVISED OF OR SHOULD HAVE BEEN AWARE OF THE POSSIBILITY OF ANY SUCH LOSSES ARISING.

COACHING VS. THERAPY.

Coaching is a non-directive, person-centered, strength-based, collaborative support service to help functional clients achieve meaningful goals. Coachees come to coaching with an interest in self-improvement or measurable progress. Through coaching, Coachees find insight and direction to identify practical means to reach their goals. The Coach guides and supports the Coachee's planned, intentional, and purposeful action toward achievement. Coachees are ready, willing, and able to do the work inherent in the coaching process. They are committed to achieving the outcomes they seek. Coaching is not therapy and the Coach does not provide therapy services.

Coaches and therapists share a common goal – to enhance well-being and outcomes for those they serve. Deciding which is the best fit for the Coachee depends on their current state of functioning and their needs and goals. Keep in mind, the same Coachee may work with a therapist and a Coach to address different needs and goals - if the Coachee's clinical issue is well-managed and the therapist clears the Coachee for coaching. The therapist may work with the Coachee to address the clinical issue, such as depression, while the Coach works with the Coachee around goals that matter to ongoing progress, such as finding clarity around job or career direction or improving academic or sports performance. Here's an overview of the primary differences:

Therapy

- The patient is struggling with dysfunction related to psychological issues, concerns, or symptoms that interfere with daily tasks.
- The patient needs help coping, alleviating pain, or distress related to trauma, disorders, or illness.
- The patient wants to work through the problems and get back to normalcy.
- The patient wants to process traumatic or emotional past for healing.
- The patient is looking for a mental health professional to help them overcome and live well again.

Coaching

- The Coachee is functional and does fine with daily tasks.
- The Coachee is considered psychologically normal and copes well enough.
- The Coachee wants to be better, grow, or set and achieve higher goals.
- The Coachee wants to improve performance, relationships, or life satisfaction.
- The Coachee wants to remain present and future focused to build from where they are.
- The Coachee is looking for a success partner to help facilitate the next level of growth, advancement, or change.

If you're confident coaching is the right fit for you based on your current needs and goals, we're happy to coach you!

SIGNATURE.

By checking the "I Agree" box and entering your information below, you confirm that you have read and understood this agreement and are legally authorized to enter into it on your own behalf as the Coachee, or on behalf of your minor child as their parent or legal guardian.