

## **Coaching Agreement**

**Coaching Services:** Coaching offers guidance, support, information, and tips to help you move forward and achieve your goals. Coaching may help those who are seeking personal growth, an unbiased sounding board, help with identifying and achieving goals, and help with accountability to yourself as you work toward your goals. Coaching is different than psychotherapy or counseling, and does not involve diagnosis or specific treatment for psychological conditions or crisis intervention.

**Length of Sessions:** Sessions are 60-minutes in length. If you arrive late, we will have less time in which to work and progress may be delayed. Also, you are still responsible for the full session fee.

**Payment of Services:** Fees are due at the time of service, unless other arrangements have been made. Coaching services are not covered by insurance.

**Appointments & Cancellations:** You may contact me at (408) 373-2003. If you need to cancel or reschedule your appointment, please call at least 24-hours prior to your appointment time or you will be charged for the missed appointment. You are personally responsible for full payment of missed appointments.

**Telephone Calls, Messages, & Email:** My telephone and confidential voicemail can be reached at (408) 373-2003. My email is: lizi4u@gmail.com. If you leave a message or send an email, I will respond as soon as I can and typically by the end of the next **business** day. If I have not responded, it is likely that I did not receive your message or email. I ask that you contact me again.

Telephone sessions might be scheduled as a modified session, you will be charged a prorated fee based on your 60-minute session fee (20 minute incremental).

**Emergencies:** If I am not available to speak with you and you need to talk to someone right away, please call the 24-hour crisis hotline at (877) 7-CRISIS or (877) 727-4747. If there is a life-threatening emergency, please call 911 or go to your nearest hospital emergency room.

**Confidentiality:** Without written consent, all discussion between coach and client are strictly confidential. Exceptions to this law are outlined in the HIPAA Privacy Notices. Lizi Oceransky, M.A., CPCC, PCC – Certified Life Coach 7968 S. Clayton Circle Centennial, CO 80122 Phone: 408-373-2003 Email: lizi4u@gmail.com Website: [www.lizi4u.com](http://www.lizi4u.com).

I am required by Colorado laws to share confidential information and report the following:

- ☐ When a client communicates a threat of property damage or bodily harm to him or herself or to another person.
- ☐ When a client is suicidal.
- ☐ When there is reasonable suspicion of child abuse, molestation or neglect.

**Consent to Coaching Services:**

By signing below:

- ☐ I acknowledge that I have read and understood the above information.
- ☐ I have had the opportunity to ask questions and seek clarification.
- ☐ I voluntarily agree to participate in coaching services.
- ☐ I agree to all above conditions and was provided a copy of this form.

Client Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

This consent is effective for twelve months from the date signed, or until it is withdrawn by a written statement of the parent/legal guardian signed above.