

Relationship Coaching Agreements for Individuals

As a client, I understand and agree that I am fully responsible for my physical, mental and emotional well-being during my coaching calls, including my choices and decisions. I am aware that I can choose to extend or discontinue coaching at any time (see Termination below).

I understand that relationship coaching is a Professional/Client relationship I have with my coach that is designed to facilitate the creation/development of personal relationship goals and to generate and carry out a strategy/plan for achieving those goals.

I understand that relationship coaching is a comprehensive process that may involve all areas of my life, including work, finances, health, relationships, education and recreation. I acknowledge that deciding how to handle these issues, incorporate coaching into those areas, and implement my choices is exclusively my responsibility.

I understand that relationship coaching does not involve the diagnosis or treatment of mental disorders as defined by the American Psychiatric Association. I understand that coaching is not a substitute for counseling, psychotherapy, psychoanalysis, mental health care or substance abuse treatment and I will not use it in place of any form of diagnosis, treatment or therapy.

I promise that if I am currently in therapy or otherwise under the care of a mental health professional, that I have consulted with the mental health care provider regarding the advisability of working with a coach and that this person is aware of my decision to proceed with the coaching relationship.

I understand that coaching is not to be used as a substitute for professional advice by legal, medical, financial, business, spiritual or other qualified professionals. I will seek independent professional guidance for legal, medical, financial, business, spiritual or other matters. I understand that all decisions in these areas are exclusively mine and I acknowledge that my decisions and my actions regarding them are my sole responsibility.

Finally, I understand that my coach is providing coaching services independently and is not an employee or agent of Jayson Gaddis, LLC or The Relationship School, and I hereby release Jayson Gaddis, LLC and The Relationship School from any liability whatsoever in connection with the coaching services provided by my coach.

How did you find out about Jennifer Morrison/TWO TREES. Relationship Coaching?

Sessions

I understand I will have sessions as arranged with my coach. Sessions need to begin on time. If I fail to let my coach know that I will be late and do not 'show', the session will be canceled after 15 minutes. All sessions are via Zoom. My coach will begin the call at the specified day/time and finish at the scheduled amount of time. At an agreed upon point in our work, we will end with a closing session for integration.

I understand that certain topics or sessions may be shared with [Jayson Gaddis](#), founder of [The Relationship School](#), and his wife, [Ellen Boeder](#), licensed psychotherapist and The Relationship School faculty, for training or consultation purposes only to better serve me. I agree that sessions may be recorded for supervision and education purposes (**please initial below**):

_____ I agree to have my calls recorded and potentially reviewed by Jayson Gaddis or Ellen Boeder, as well as fellow Coaches at The Relationship School.

I understand that information will be held as confidential unless I state otherwise, in writing, except as required by law.

Cancellations

_____ I agree to make session cancellations by sending my coach an email (into@twotreesgrowing.com), leaving voicemail or sending a text (207 400 7778) **24 hours before the scheduled appointment**. I understand that if I fail to do so, this counts for one of my sessions, and payment will be expected.

Payment

_____ I understand I am being charged the rate as agreed upon with my coach. I agree to [make the appropriate payment online](#) (via PayPal) **24 hours prior to my session(s)**, unless other arrangements are made. If there is a special offer available, it is my responsibility to apply the discount when payment is made.

Pre-Session Clarity

I understand it is best if I come to every session with at least one relationship issue I want to address, receive support around, get feedback on, or dive into. I will also remain anchored to the most important big picture relationship goal I have. Every session is in support of my big desire.

Post Session Notes

I understand that taking notes immediately following a session is helpful so that I can retain what we've discussed. My coach will do the same. I can email my coach my takeaways as a way to hold myself to noting the highlights.

Additional Contact

I understand that email contact is available in our coaching relationship. I may email my coach at any time to report wins and new insights. My coach will read and consider any emails and reply within 2-3 days (possibly longer if over the weekend). While there may be some coaching via email, I realize the main coaching will happen during live sessions with my coach. Anything that takes longer than a few minutes to respond to needs to be handled in a real time session.

My email address is _____.

Phone Contact

Phone support is not included in our coaching agreement at this time. Exceptions can be agreed upon as necessary and will require the consent of both parties.

The Relationship School, Facebook, Podcast

I understand that my relationship coach is a licensee of The Relationship School. It is essential I understand the context and view that informs the relationship coaching work at The Relationship School. As it applies to my situation I will read Relationship School material available on the web, and/or listen to the Smart Couple podcast. This will help me and my coach have a shared language for what type of relationship work we are doing.

Hunger & Commitment

I understand that my intrinsic motivation is the best predictor of accomplishing desired outcomes. In other words, the hungrier I am for change, the quicker results will happen. Commitment to the work is crucial. Coming in for one or two sessions is helpful, but really diving in and rolling up my sleeves is best.

Termination

I understand when I am ready to complete the work, a closing session will happen. In the event that coaching is no longer helpful to me before the commitment is over, the coaching relationship may be discontinued at that time. I will be upfront with my coach and give two weeks notice to complete things properly. Likewise, my coach may terminate our coaching relationship if it seems best, or is apparent that I may be better served elsewhere. In such a case my coach will be upfront with me, and give me two weeks notice so that we can complete things properly.

I have read and agree to all of the above.

_____ Client Signature

_____ Date