

# Life Coaching Contract

This agreement is made between \_\_\_\_\_ ("Coach") and \_\_\_\_\_ ("Client") on this \_\_\_\_ day of \_\_\_\_, 20\_\_\_. Both parties agree to the following:

Coaching is a collaborative process with an ongoing relationship between the Client and Coach. The coaching experience supports the Client in establishing new behaviors. The coaching relationship is strengths-based, forward-looking, and collaborative. The coaching agenda is developed and implemented in partnership between the Client and Coach. The role of the Coach is to help the Client progress toward achieving a goal.

- The Client and Coach agree to engage fully in the coaching experience.
- The Client recognizes that coaching is not therapy, counseling, or consulting.

## Confidentiality

The Coach agrees to keep all conversations and information with the Client private and confidential, as allowable by law.

No personal information will be shared with anyone without the Client's express permission. Exceptions may be made if there is an imminent threat of serious injury to oneself or someone else.

## Coaching Commitment

By entering into this relationship, the Client and Coach acknowledge that the Client desires to make a behavioral change or some type of improvement in his or her life. Behavioral change often takes time to implement and sustain. The pace of change is uncertain and varies amongst individuals. As such, the Client and Coach agree to a minimum of a 3-month relationship.

## Coaching Session Procedures

Coaching sessions may occur in person, by phone, through video conference, or over email, depending on the venue that works best for the Client and what coaching package is selected.

- The Coach and Client agree to adhere to established appointment times.
- The Coach and Client agree to begin and finish all appointments on time. If the Client is more than 15 minutes late to an appointment, the Coach will assume that the appointment is canceled and the Client will be responsible for the full coaching fee. If the Coach is more than 15 minutes late to an appointment, the Client may assume that the session is canceled and the Client shall not be responsible for any payment for that session.
- The Client agrees to cancel or reschedule an appointment at least 24 hours in advance, without a change fee. Any changes or cancellations within 24 hours are subject to a 50% cancellation fee.

# Contract For A Healthy Life

**S Marginson**



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## **Table of Contents Contract For A Healthy Life**

1. Understanding the eBook Contract For A Healthy Life
  - The Rise of Digital Reading Contract For A Healthy Life
  - Advantages of eBooks Over Traditional Books
2. Identifying Contract For A Healthy Life
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Contract For A Healthy Life
  - User-Friendly Interface
4. Exploring eBook Recommendations from Contract For A Healthy Life
  - Personalized Recommendations

- Contract For A Healthy Life User Reviews and Ratings
- Contract For A Healthy Life and Bestseller Lists
- 5. Accessing Contract For A Healthy Life Free and Paid eBooks
  - Contract For A Healthy Life Public Domain eBooks
  - Contract For A Healthy Life eBook Subscription Services
  - Contract For A Healthy Life Budget-Friendly Options
- 6. Navigating Contract For A Healthy Life eBook Formats
  - ePub, PDF, MOBI, and More
  - Contract For A Healthy Life Compatibility with Devices
  - Contract For A Healthy Life Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Contract For A Healthy Life
  - Highlighting and Note-Taking Contract For A Healthy Life
  - Interactive Elements Contract For A Healthy Life
- 8. Staying Engaged with Contract For A Healthy Life
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Contract For A Healthy Life
- 9. Balancing eBooks and Physical Books Contract For A Healthy Life
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Contract For A Healthy Life
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Contract For A Healthy Life
  - Setting Reading Goals Contract For A Healthy Life
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Contract For A Healthy Life
  - Fact-Checking eBook Content of Contract For A Healthy Life

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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