



## **Client Agreement**

Your well-being is extremely important to me. Before we begin coaching, I want to make sure we are both committed to the steps that will bring you positive growth.

As a client of Ted Gurman Coaching:

- I recognize that life coaching is not a replacement for therapy or other mental health care. I understand I am completely responsible for my health and well-being before, during and between coaching calls.
- I understand that coaching does not guarantee results. I understand that coaching is a collaborative relationship where inquiry, idea-sharing, and self-reflection will play a role in my journey. I am ultimately responsible for all of my choices and decisions.
- I understand that my coach will keep all information from our sessions confidential, except in cases required by law. On the occasion that information is shared for training or feedback purposes, I understand the client name, and all identifying information will be anonymous.
- I understand that if I miss a session and don't let Ted know, or fail to cancel more than 24 hours in advance, I may not be given the opportunity to reschedule.

I understand and agree to all of the information stated above.

Client Name: \_\_\_\_\_

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