

Counseling & Coaching Center of Roseville



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Coaching Agreement

I coach my clients by utilizing questionnaires, asking questions, listening carefully to what you tell me, jointly developing relevant homework, identifying your resources (experiences and qualities), creating strategies to overcome blocks to success, working toward a high degree of self-care, and identifying your values and vision. A key aspect of the coaching relationship is on developing appropriate action steps to help you move toward your goals and dreams. Although there are no guarantees on the outcomes from coaching, most people report significant progress on their goals.

Coaching is not therapy. Although I am trained in psychotherapy, I do not engage in the practice of psychotherapy with my coaching clients. If issues arise that are best dealt with in a therapeutic context, I will refer you to an appropriately trained licensed therapist. In entering the coaching relationship, and signing the agreement, you are agreeing that if any mental health difficulties arise during the course of the coaching relationship, you will notify me immediately so I may provide you with appropriate referrals.

We will agree on a standard time for our work together, whether it is in person, by phone or through e-mail. Once that time is established, it will be reserved for you. If you need to cancel an appointment, please provide at least 48-hour notice or you will be charged for the appointment. My fees are as follows:

In person sessions: \$75 for a 25-minute session; \$150 for a 50-minute session. Longer sessions can also be arranged and are pro-rated at the same rate.

Telephone sessions generally are scheduled in 30-minute time slots. Telephone sessions are \$60 per session and the client initiates the phone call at the specified time.

E-mail coaching is also scheduled. Fees are \$30 per e-mail interaction.

The information you share with me will remain strictly confidential unless (1) you give specific permission to release the information or (2) I am required to release the information by law. Exceptions to confidentiality include information about intent to seriously harm an individual, child abuse, and elder abuse. Be aware that privilege may not apply to coaching. In other words, coaching records may be able to be subpoenaed. Some means of communication, such as wireless telephones and e-mail may be not secure from eavesdropping, so if you agree to their

use you are indicating your agreement to utilize a communication medium that may not be confidential.

Each party agrees to indemnify, defend, and hold harmless the other party and its agents, officers, and employees from and against any and all liability expense, including defense costs and legal fees incurred in connection with claims for damages of any nature whatsoever, including but not limited to, bodily injury, death, personal injury, financial or business losses, or property damage arising from such party's performance or failure to perform its obligations hereunder.

Coaching usually leads to improvements and positive changes in one's life. We will discuss the pros and cons of coaching together.

I believe that each of my clients is unique, creative and responsible for moving their own life forward. I look forward to working with you.

Sincerely,

Personal Coach

Date

I fully understand and agree to the above document.

Coaching Client Signature

Date

I _____ take full and complete responsibility for my actions.

Coaching Client Signature

Date