**COACH-CLIENT CONTRACT**

This Agreement is entered into by and between: **Paula Sweney-Wagler, CHWC, RD, CD, Northwoods Health & Wellness Coaching, LLC; Rhinelander, WI.** and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Client Name**. There is no fee for the 30-minute Quick Coaching Session, and the investment for the ensuing individual meetings is \*$50/hour. Alternatively, the [ ]  4-Session Package for \*$145 includes an initial one-hour Coaching Session plus **three** 45-minute sessions, or the [ ]  8-Session Package for \*$250 includes an initial one-hour Coaching Session plus **seven** 45-minute sessions. All fees for Coaching Packages and Virtual Coaching Sessions must be pre-paid. In-person single sessions must be paid at the close of each session. \*Prices subject to change.

Coaching is a collaboration between the Coach and the Client in a process that fosters self-awareness, and inspires the client to maximize personal potential. It is designed to facilitate the creation or development of personal and/or health related goals and to develop strategies and plans for achieving those goals.

**Coach-Client Agreement**

**COACH:**

• I will help my client identify and apply their strengths to move towards enhanced health and well-being. • I will ask thought-provoking questions and encourage my client to arrive at their own answers whenever possible, and collaborate to find answers when they are unsure of the next steps. • I will encourage realistic expectations and goals. • I will support my client in identifying creative possibilities to move forward and work through challenges. • When appropriate, with permission, and within my scope of practice, I will offer advice, instruction, and resources for improving health and well-being. • I will be punctual and responsive. • I will communicate with my client during office hours at the earliest opportunity. • I will acknowledge when my client has a concern outside of my scope of knowledge and skills and recommend other resources.

**CLIENT:**

• I want to improve my level of health, well-being, or performance in life or work.

• I am ready to take responsibility to make and sustain changes in at least one area.

• I will be open and honest with information that is relevant to my health and well-being.

• I am ready to become more self-aware.

• I am curious and open to suggestions and trying new things.

• I understand that setbacks are normal on the path of change and necessary in order to establish

 new mindsets and behaviors.

• I will be punctual and responsive.

**CANCELLATIONS**: If you need to cancel an appointment, please provide 24 hours’ notice.

**TERMINATION:** Either the Client or the Coach may terminate this Agreement at any time. Client agrees to compensate the Coach for all coaching services rendered through and including the effective date of termination of the coaching relationship.

I accept the above Coach-Client Contract and Agreement.

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Client’s Signature Date

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Coach’s Signature Date

68 S. Stevens St. Rhinelander, WI 54501 ∙ 715-367-4609 ∙ Email : contact@nhwCoaching.com