



Kreate What U Want, LLC  
Dianne Furphy, MS  
kreatewhatuwant@aol.com

### **Coaching Contract Agreement Form**

This *Kreate What U Want, LLC* Life Coaching Agreement is made between the Life Coach, Dianne Furphy and the client. The purpose of this contract is to set forth the exclusive terms and conditions of what is entailed in the Coaching Services received by Kreate What U Want, LLC.

#### **Participant:**

Please read this contract thoroughly and feel free to ask questions and communicate thoughts or concerns during the reviewing of this contract with the coach before your first session begins. When you have a full understanding of this contract, you will be asked to check the "I agree to the terms and services" on the client form page of Kreate What U Want and Dianne will ask you to sign below and send a signed copy to Dianne from Kreate What U Want.

#### **Purpose of Coaching:**

Coach guides individuals to learn and build upon self-love, incorporate self-care practices into one's life and create new life patterns through art, mindfulness and holistic tools. Coaching with Kreate What U Want LLC will provide wellness strategies and coping tools to improve confidence, self-esteem, decrease anxiety, finding one's self love, build connections within self and transforming core challenges into grace and achievements.

#### **The Coaching Relationship:**

The purpose of the coaching relationship is for the coach to support and guide the participant to set and achieve their goals. During the initial conversation, the coach and participant will come to an agreement about the nature of the coaching. Both parties are encouraged to work together as a team and both put in the work during each session. The coach is designed to guide the participant to enhance and improve their life performance as directed.

#### **Style of Coaching:**

During sessions, the participant has the responsibility of picking the topic to discuss. The coach will ask open-ended questions to help the participant learn more about one's self. The coach may also provide other activities throughout the session (or in between sessions) that may look like journaling, breathing exercises, art exercises and any other activity that may arise.

As a coach, I will put the work in, be direct and honest as I encourage you, the participant, to do the same. The progress of the work you put in depends on the progress you make. As the participant, if you feel that progress is not being made, the coach encourages you to make it known and communicate this to the coach. Being honest is key!

### **Progress and Results of Coaching:**

Results and progress all depend on the participant. The coach provides exercises and tools for the participant to practice outside of session and when practiced in a loyal manner, the participant is able to see results. However, progress is likely not made in only just one session, the participant will be able to identify their results and progress with four or more sessions.

### **Confidentiality:**

After each session, the life coach will document and take notes accordingly. These notes are solely for the coach's purposes and are only for the coach to see.

### **What Pricing and Sessions Look Like:**

Individual sessions can be paid for as a one time session or the client can choose between the package deals that are offered and listed below.

*\*\*\*Sessions are to be paid for in advance, 24 hours before the session begins.*

- Payment can be made on Kreate What U Want's website

Individual (one-on-one) sessions are typically between 45-60 minutes each and are \$99.00.

Sessions are held:

- Virtual (online) through video: Zoom.
- In-person

The coach and participant will discuss a time and day that works for the both of them.

### **Timing:**

- VIRTUAL: At the scheduled appointment time, the participant agrees to video call the coach at the link provided by the coach.
- IN-PERSON: At the scheduled appointment time, the participant agrees to arrive on time.
- The coach and participant agree to start and finish each session on time.
- If the participant is more than 15 minutes late for a session, the coach will assume the session is canceled and the coach will not refund the coaching session fee.

- The coach is available only during scheduled time and business hours unless for scheduling, canceling and rescheduling purposes.

### **Scheduling ONE-ON-ONE VS PACKAGE DEALS:**

- ONE-ON-ONE SCHEDULING: When a participant schedules a one-on-one session, the participant is booking according to the provided dates on Kreate What U Want's website and consistency is not promised since one-on-one booking is first come, first serve.
- PACKAGE DEAL SCHEDULING: When a participant books a package deal, the participant and coach pick a consistent day and time to hold a session each week which the date and time will be guaranteed.

Here are the Package Deal offers:

### **Package Deals:**

- ★ "THE GOOD PACKAGE"
  - \$369.00 (10% Savings of \$40.00)
  - One Month: This includes four sessions that are 45 minutes each
- ★ "THE BETTER PACKAGE"
  - \$999.00 (15% Savings = \$180.00)
  - Three Months: This includes twelve sessions that are 45 minutes each
- ★ "THE BEST PACKAGE"
  - \$1,899.00 (20% Savings of \$480.00)
  - Six Months: This includes twenty-four sessions that are 45 minutes each

### **Refund Policy:**

Once payment and the first session has begun, there is a no refund policy for an individual session. Otherwise, if the participant chose and paid for a package deal, the participant is able to cancel and ask for a *partial refund* if they feel coaching is not for them or has any other reason they want to discontinue services with Kreate What U Want, LLC.

### **\*Honesty is Welcome and Appreciated:**

The coach asks the participant to be honest and communicate any feelings if the participant does not feel like they are making progress or is experiencing any discomfort and issues with the coach. After all, coaching is based on being open and improving and this is just one way of making that change in one's life!

**Rescheduling and Cancellations:**

I ask if you give 24 hours notice if you need to cancel or reschedule. As a coach, I will take on the responsibility of doing the same and take every effort to reschedule in a timely manner, if need be. No-shows and cancellations before 24 hours will still be billed the full amount. When you reschedule a session before 24 hours, the already paid session will just continue on to a rescheduled session.

**Termination of Services:**

Either party may terminate and exit the coaching relationship and services without giving any reason, subject to appropriate notice be given. The client shall not be relieved of any obligations to pay fees to Kreate What U Want LLC solely because of the termination of this Agreement.

**Limitation of Liability:**

The Life Coach makes no guarantees, warranties, or representations of any kind, expresses or implied with respect to the Services rendered and negotiated subject to this Agreement. In no event shall the Life Coach be held liable to the participant for any special, direct, or consequential damages. Notwithstanding any damages that the Client may acquire, the Life Coach's under this Life Coaching Contract, and the participant's sole remedy, shall be limited to the amount paid by the participant to the Life Coach under this Contract for all Services rendered throughout the duration of this Contract, including the date of termination. Participant agrees that the Life Coach is not responsible for any inaction or actions, or for any indirect or direct result(s) of any Services rendered by the Life Coach.

**Disclosure about Coaching Services:**

Please note that life coaching should not be used as 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.

It is important to note that coaching is not therapy and does not take place for any type of mental health treatment.

## **Background Information About the Coach:**

### **Dianne Furphy, MS**

- Certificate in Life Coach - "The CPD Certification"
- Certificate in Mindfulness - "The CPD Certification"
- Master's in Counseling Psychology with a concentration in Art Therapy
- Bachelors in Psychology
- Associates in Early Childhood Develop and Education
- Level II Reiki Practitioner
- Certificate in Feng Shui

### **Entire Agreement:**

This Contract constitutes the entire agreement between the Participant and the Life Coach and the Life Coach shall not be held responsible and shall remain blameless for any adverse or other consequences, including but not limited to financial, personal, employment or other losses, arising out of decisions or actions the Client may make as a result of the Services provided by the Life Coach.