



ALTA VISTA LIFE COACHING

with Dr. Ines K. Roe

Client Agreement

- I treat your personal information as strictly confidential.
- Please read and sign this form.
- Mail the signed form by postal mail to 1017 Forbes Rd, Carlisle, PA 17013 or email a pdf of the signed form to altavistalifecoaching@comcast.net

Our Coaching Agreement:

In our coaching work together, I will challenge you respectfully as you determine what it is you really want and take the actions to achieve it. Our time together is all about you: your life, your business and/or career, and your hopes and dreams. I ask that you make your time with me a priority, show up on time, be prepared to work, have fun, and be ready to explore your life in a new and more meaningful way. I provide the coaching and you do the work. Therefore, you will be taking the responsibility for your choices and results. They are your accomplishments. You are the only expert on your life.

I am a Board Certified Professional Coach. I abide by the Code of Ethics outlined by the International Coach Federation (ICF). Please use the following link to view these ethical guidelines:
<http://www.coachfederation.org/ethics/>.

How is Coaching Different from Therapy?

Coaching is not therapy. We do not look for causation in the past or healing, though healing may happen as a result of your increasing awareness. Our work will be as much as possible in the present and focused on your desires and your current and future objectives. I will support you as you move forward, set personal and professional goals, and take the necessary actions to create what you desire. If for any reason I believe that you might benefit from therapeutic professional services, I may suggest that you consider working with a therapist.

Coaching Time and Support:

My goal is to support you, even in between sessions. You are welcome to email me at altavistacoaching@comcast.net your concerns or successes. I read all my email and will respond to the best of my ability. Should my email time reach more than an hour a week, I will discuss with you a fair charge for services.

Communication:

We may at times enter into work in areas that may be uncomfortable for you to discuss. If you do not want to discuss certain topics, please say so. If I ever say or do anything that upsets you or that doesn't feel right, please bring it up and I will try to ameliorate the problem.

Liability:

I work from the understanding that you are responsible for your own life, career, and/or business decisions. I will work with you to identify solutions to your challenges and, if asked, I will share ideas based on my training, background, and professional experience. Any decisions about a course of action, however, are yours.

Client Agreement:

I understand that coaching services through Alta Vista Coaching do not provide treatment, therapy, or diagnosis. I understand that I can choose to see a physician, therapist, or other kind of professional if needed.

I also acknowledge that:

I am the expert in my own life. I acknowledge responsibility for my choices and actions.

I agree to work with you to make my coaching experience positive and useful.

I agree to meet all financial responsibilities promptly.

I acknowledge your cancellation policy of 24-hour prior notice.

Print Name: _____

Signature: _____ Date: _____