



13 Week Powerful Potential Coaching Contract

This one-on-one 1 x weekly Coaching Agreement for _____ is in partnership with TRUePOWR Wellness, LLC. The client is committing to a _____ month (_____ week) term from the ____ day of _____ 2025, paid weekly on Mondays in the amount of \$80.

1. Purpose and Scope of Coaching

- ☐ This coaching relationship is designed to offer support, education, compassionate listening, and guidance, assisting the client through the process of making lasting change.
- ☐ The Coach will provide personal and group support services as requested and appropriate.
- ☐ The coaching process may involve exploring various areas of the client's including relationships, self-care, and finding meaning and purpose.

2. Coach's Responsibilities and Expectations

- ☐ Coach agrees to maintain the ethics and best practice standards established by the National Board of Health & Wellness Coaching.
- ☐ Coach will provide a safe and supportive space without judgment or stigma.
- ☐ Coach will help the Client identify personal strengths, growth mindset, and improve self-efficacy.
- ☐ Coach will guide the Client in setting realistic goals, providing accountability.
- ☐ Coach will maintain confidentiality regarding all information shared, with exception to legal obligations such as suspected harm to self or others.
- ☐ Coach will stay within their scope of practice and will refer the Client to appropriate professionals when appropriate.

3. Client's Responsibilities and Expectations

- ☐ The Client is expected to communicate openly and honestly and is solely responsible for their decisions and actions resulting from coaching.
- ☐ The Client should understand that coaching is not a substitute for therapy or medical treatment; therefore is expected to inform both their mental health professional and the Coach if they are receiving such care.
- ☐ The Client agrees to honor scheduled appointment times or provide 24 hrs advance notice to reschedule and hold their contract obligation.

4. Confidentiality

- ☐ Client information will be kept confidential, with exceptions for potential harm to self or others, or when required by law.

5. Scheduling, Fees, & Payments

- ☐ Appointments will be scheduled mutually, and clients agree to provide advance notice (e.g., 24 hours) for cancellations to avoid potential charges.
- ☐ 24 hour Policy: The cancellation window allows the client to hold their session commitment without forfeiting the session.
- ☐ No-Show: Arriving more than 15 minutes late, without notice, is considered a no-show and the session will be forfeited.
- ☐ Payments will be automatically deducted from ACH account Mondays.

6. Termination of the Agreement

- ☐ Early Cancellation: All parties can terminate the agreement, with submission of signed cancellation form.
- ☐ Client has the option to terminate anytime before the first scheduled session with no charge accrued.
- ☐ Once the client has signed their contract and sessions have begun, the client may cancel their contract, with a charge of 25% of remaining contract balance.

Acceptance of Terms

Both parties agree to said terms by signing below.

Client Printed Name: _____ Client Signature: _____

Date: _____

Coach Printed Name: _____ Coach Signature: _____

Date: _____

Contact Information

For contract and scheduling questions or changes contact Kora at kora@truepowr.org .

By signing this agreement with an electronic signature, I agree that such signature will be as valid as handwritten signatures to the extent allowed by law.