

Life Coaching Agreement

Welcome to life coaching! I hope you find this to be a helpful and enjoyable experience; one that will help improve areas of your life that have been a focus or challenge for you.

Please let me know if you have any questions. Then, review, sign, and date this life coaching agreement.

Fee: The charge per 60 minutes of service is \$60. There is a discount of one (1) free appointment, with the purchase of a package of ten (10) appointments.

Payment: Payment is required at the time of scheduling your appointment and is made through Square Cash or PayPal.

Sessions: Each appointment is 60 minutes in length. All appointments are conducted via FaceTime, Skype, Phone Calls, or Text/Direct message.

Phone Calls/Emails/Texts: Communication outside of scheduled appointments, up to 15 minutes long, are at no charge to my established clients. Longer communications are charged at the hourly rate of \$60. I can be reached the following ways; Call/Text-903-241-0822  facebook.com/propellifecoach
Email: propellifecoach@gmail.com
-Texting me will receive the quickest response.

Availability: I will make every effort to return your call/email/text within one (1) day. I respect your time and effort and am committed to being accessible to you.

Scheduling: You can schedule your appointment by contacting me directly or online at <https://www.propellifecoach.com/book-online>. You will receive a text sent to your cell phone, 24 hours prior to your scheduled appointment. Please keep track of your appointment time since technological glitches can occasionally occur.



Karen Rodgers
P: 903-241-0822
www.propellifecoach.com
propellifecoach@gmail.com

Confidentiality: Any information shared during your life coaching appointments will not be shared with anyone, without your written permission. The only exception to this would be in cases involving danger to yourself or others. You understand that there are limitations and risks associated with receiving services via electronic media. These include, but are not limited to: email, text, direct messaging, phone calls, phone messages, FaceTime, and Skype. You consent to sending and receiving communication with Karen Rodgers regarding life coaching services.

Life Coaching vs. Mental Health Counseling: Life coaching is not to be considered counseling or therapy. While I do have a background, education, and training in the mental health field, life coaching does not replace working with a mental health professional.

Client Signature	Date	Life Coach Signature	Date
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