

## **Braveheart Journeys, LLC**

Welcome to Braveheart Journeys, LLC. This agreement outlines the nature of the coaching relationship and the expectations for both coach and client. Please read it carefully before beginning services.

### **Nature of Life Coaching**

Life coaching is a collaborative process designed to help clients clarify goals, explore possibilities, and move forward in meaningful areas of their lives. Coaching focuses on personal growth, self-discovery, life transitions, and creating a new chapter aligned with your values and goals.

Coaching may include discussion, reflection, goal setting, accountability, and strategies to support personal development.

### **Coaching Is Not Therapy**

Although I am a Licensed Marriage and Family Therapist (LMFT), the services provided through Braveheart Journeys, LLC are **\*\*life coaching services only\*\***.

Coaching is **\*\*not psychotherapy, counseling, or mental health treatment\*\*** and is not intended to diagnose, treat, or cure mental health conditions. Coaching is not a substitute for therapy, medical care, or other professional services.

If issues arise that would be better addressed in therapy or another professional setting, I may recommend that you seek appropriate professional support.

Participation in coaching does **\*\*not establish a therapist-client relationship\*\***.

### **Client Responsibility**

Coaching is an active process that requires your engagement, openness, and honesty. You are fully responsible for your decisions, actions, and results during and after coaching.

While coaching can support growth and change, specific outcomes cannot be guaranteed.

### **Confidentiality**

Your privacy is important. Information shared during coaching sessions will be kept confidential to the best of my ability.

However, coaching services are not healthcare services and therefore are **\*\*not protected under HIPAA in the same way psychotherapy services are\*\***.

Confidentiality may be broken if:

- \* There is a concern about risk of serious harm to yourself or someone else.
- \* Disclosure is required by law.

### **Sessions**

Sessions typically last **60** minutes and may take place via phone or video. The frequency of the sessions will be agreed upon between coach and client.

### **Fees and Payment**

The fee for coaching services is: \$125.00/hr.

## **Braveheart Journeys, LLC**

Payment is due: Full payment is due at the time the appointment is scheduled.

Accepted payment methods: cash, credit/debit card

### **Cancellation/Late Arrival Policy**

If you need to cancel or reschedule a session, please provide at least **\*\*24 hours notice\*\***. Sessions cancelled with less than 24 hours notice will be charged the full session fee of \$110.00. No refunds will be provided. Sessions that are attended late are charged the full session fee.

### **Communication Between Sessions**

Reasonable email or messaging communication between sessions may be permitted for scheduling or brief check-ins. Coaching support outside scheduled sessions is not guaranteed unless otherwise agreed upon.

### **Limitation of Liability**

By participating in coaching services, you acknowledge that you are responsible for your own decisions, actions, and outcomes.

You agree that Braveheart Journeys, LLC and Shayna T. Sanders, LMFT, will not be held liable for any decisions or results arising from participation in coaching services.

### **Termination of Services**

Either the coach or the client may end the coaching relationship at any time.

If coaching is no longer appropriate, referrals to other resources may be suggested.

### **Consent**

By signing below, you acknowledge that you:

- \* Understand the nature of life coaching
- \* Understand that coaching is not therapy
- \* Agree to the terms outlined in this agreement
- \* Voluntarily choose to participate in coaching services

**Client Name:** \_\_\_\_\_

**Client Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Coach:** Shayna T. Sanders, LMFT

Braveheart Journeys, LLC

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_