

Braveheart Journeys, LLC

Braveheart Journeys, LLC Life Coach Service Agreement

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

Life Coaching Relationship

Life coaching is a collaborative, forward-focused process designed to support personal growth, goal-setting, and positive life changes. Life coaching is not therapy, counseling, or mental health treatment.

Although I am a Licensed Marriage and Family Therapist (LMFT), services provided through Braveheart Journeys, LLC are strictly life coaching services and do not establish a therapist-client relationship. Client is encouraged to seek licensed mental health care if needed.

Life Coach Services & Format

Braveheart Journeys, LLC is a Connecticut-based practice; however, life coaching services are available to clients throughout the United States. All life coaching sessions are conducted virtually via phone or secure video platform.

Confidentiality

All information shared during life coaching sessions will be kept confidential to the extent permitted by law.

Exceptions may include:

- * Risk of harm to self or others
- * Suspected abuse or neglect
- * Court order or legal requirement

Life coaching services may not offer the same level of legal confidentiality protections as therapy.

Fees & Payment

Life coaching services are offered as a structured program with a minimum commitment of three (3) months. The starting fee for this program is \$1,500.00 if paid in full and \$1725.00 if made in payments (3 payments of \$575.00 due at the beginning of session 1; session 5; session 9). This service includes twelve (12) coaching sessions. Fees may vary depending on the scope of services, additional support, or customized coaching packages. Any changes to fees or services will be discussed and agreed upon in advance.

Accepted payment methods: cash, credit/debit card

Payment Options

Client may pay the full program fee upfront or request a payment plan. All payments are due on the schedule outlined in the agreed-upon plan.

Cancellation/Late Arrival Policy

Client is asked to provide at least 24 hours' notice to reschedule a session. Life coaching sessions missed without sufficient notice may be forfeited or charged in full, at the life coach's discretion.

No Guarantees

While life coaching can be highly beneficial, results are not guaranteed. Outcomes depend on each client's level of participation and commitment.

Braveheart Journeys, LLC

Jurisdiction

This Agreement shall be governed by and interpreted in accordance with the laws of the State of Connecticut.

Communication Between Sessions

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

Limitation of Liability

By participating in life 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 life coaching services.

Changes to Services

Additional services or changes to the program may incur additional fees. Any modifications will be mutually agreed upon in writing before implementation.

Termination of Services

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

If life 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 life coaching is not therapy
- * Agree to the terms outlined in this agreement
- * Voluntarily choose to participate in life coaching services

Client Name: _____

Client Signature: _____

Date: _____

Coach: Shayna T. Sanders, LMFT

Braveheart Journeys, LLC

Signature: _____

Date: _____