

Coaching Agreement

This Agreement is made by and between Julie Fostin, PN1 and [] ("Client") whereby Julie Fostin ("Coach") agrees to provide coaching services focused on Group Nutritional Coaching.

The coach can be reached at 508-951-1578 or juliefostin973@gmail.com.

Responsibilities

1. Coach agrees to maintain professional ethics and standards of behavior.
2. Client is responsible for creating and implementing his/her own physical, mental and emotional well-being, decisions, choices, actions and results. As such, the Client agrees that the Coach is not and will not be liable for any actions or inaction, or for any direct or indirect result of any services provided by the Coach.
3. Client understands coaching is not therapy and does not substitute for therapy if needed, and does not prevent, cure, or treat any physical, mental, or emotional disorder or medical disease.
4. Client understands that coaching is not to be used as a substitute for professional advice by legal, mental, medical or other qualified professionals and will seek independent professional guidance for such matters. If Client is currently under the care of another health professional(s), Coach will recommend that Client inform the other health care provider(s).
5. Client agrees to communicate honestly, be open to feedback and assistance, and create the time and energy to participate fully in the program.

Services

This agreement, between Julie Fostin and the above-named client, will begin on date signed and will continue for a 4-week period from date of agreement or until terminated by Client or Julie Fostin.

Coach will be available to Client by email and phone in between scheduled meetings as defined by the Coach.

Cancellation, rescheduling, and no-show policy

I take our work together seriously, and spend time and energy preparing for our coaching sessions. Yet I understand that unexpected events may occur.

With this in mind, here is my policy on cancellation, rescheduling, and no-shows.

- If you must cancel your appointment, I respectfully request 24 Hour notice.
- Missed appointments, or appointments cancelled without 24 hour notice, will incur a fee of full session amount.

Please be on time for your appointment. More than 15 Minutes late will also be considered a missed appointment.

Schedule and fees

Client agrees to pay Julie Fostin \$60 payable in advance for Habit Group Training on Thursdays Starting Feb 2, 2023 at 4:30pm.

Following the conclusion of the initial 4-week coaching package, Client may choose to continue with a coaching subscription at a rate \$100 per 4-week group training.

By signing this agreement I, the above-named client, hereby acknowledge that I agree and understand all the terms and conditions of this agreement.

Client signature: _____

Client full name (please print): _____ Date: _____