

EVA CAPPELLETTI CHAO,
MBI Wayfinder Certified Life Coach

What is the Music of You?
That is the invitation...

CLIENT COACHING AGREEMENT:

Welcome, I look forward to working together!

It's important that we have a clear understanding about our working relationship. Please read this agreement carefully before signing.

What Coaching is:

Coaching is a relationship where the coach helps the client clear away the obstacles that are blocking them from engaging fully. The coach partners with clients in a thought-provoking and creative process that inspires and supports them to maximize their personal and professional potential.

What Coaching is not:

Coaching services are not in any way to be considered as, or a replacement for, Psychotherapy or other Mental Healthcare, Legal Counsel or Medical Advice. If I believe it is in your best interest to seek the assistance of other specialists, I will advise you to do so.

As your coach, you can expect me to:

- Hold a confidential and safe space, being fully present to you, each session, every time.
- Meet you where you are, bringing the very best of myself and my professional skills and tools, techniques, and questions to serve your goals and growth.
- Be your "thinking partner," on your side; a confidant who always aims to support you in reconnecting with your true values.
- Lead the pace of our sessions with the intention of supporting your process while respecting your way of assimilating.
- Support your efforts toward creating a life that feels more aligned, engaged, and satisfying.

As my client, I expect that you will:

- Cultivate an honest curiosity about yourself.
- Be open to a practice of body-awareness.
- Notice your own efficacy in creating changes in your life.
- Take in my observations and feedback and keep me honestly informed as to what is and is not working for you.
- Take ownership of your new insights and accomplishments.
- Keep your regularly scheduled appointments; the momentum of our work together is most powerful when it is cumulative.

IMPORTANT INFORMATION ABOUT OUR SESSIONS:

1) Sessions:

Each One-on-One Session appointment will be 55-60 minutes in length.

Our sessions can be held by voice-call, or face-to-face through FaceTime, Skype or Zoom platforms.

Please let me know your preference with your signature at the end of this document.

2) Scheduling:

Schedule your sessions by emailing me at: eva@themusicofyou.com

Or using my Calendly Scheduler on my website: theMusicofYou.com

3) Cancellation Policy:

I will expect you to call/connect with me at your appointed time.

Your appointment time is reserved strictly for you. If you miss a session without cancelling, or cancel with less than 48-hours notice, you will be charged for that session unless I can reschedule with you within the same calendar week.

If an emergency event (such as serious accident, serious illness, hospitalization or death in the family) keeps you from attending your session, please just text, call, or email me as soon as you are able. Thank you.

4) Payments:

Payments are due in advance of your appointment. You may choose whichever services suit your preferences and objectives (see below). I prefer online payments through PayPal, Zelle. I also accept checks, but would recommend you chose the multiple session package to facilitate ease of meeting the pre-payment obligation. Mailing your payments can be arranged by phone conversation with me.

STATEMENT OF INTENT:

My Responsibilities to you, as your Coach:

As your coach, I agree to keep all of our communication, including the fact that you are my client, absolutely confidential. Information will be shared outside of our sessions only with your written consent or in the event that a Court Judge demands it.

The only exception to your right to confidentiality is when I have good reason to believe:

- That you will harm another person.
- That you are abusing or neglecting a child or vulnerable adult.
- That you are in imminent danger of harming yourself.

In these cases, I will inform you of my intent to contact other professional services or authorities to support the well-being of all involved.

Your Responsibilities, as my Client:

- 1) I understand that Coaching is not Psychotherapy or Counseling. I agree to be mindful of my own well-being during this coaching program, and seek these or other professional services if needed.
- 2) I understand that I am fully responsible for the decisions and actions I take in regards to my life.
- 3) I will in no way hold the Coach liable or responsible for any actions I take during, after, and in-between my coaching sessions.
- 4) I understand that there are no guarantees or warranties about any results to be achieved in a Coaching session or program.

Your signature on this agreement indicates full understanding of and agreement with the information outlined above.

Preferred platform(s) to connect us for our Session (Zoom, Skype, FaceTime, Voice-only phone):

Are you currently being treated by another physical or mental health professional?

Are you on any prescribed medications that affect your mental or emotional sensibilities?

Would you like me to know anything else about you before we begin our work together?

Client's Name:

Client's Email Address:

Client's Mailing Address:

Client's Phone:

Client's Signature:

Date: