

The Center for Mind-Body Medicine

Jan Silvius, Life Coach

7030 Lee Highway Suite 201

Chattanooga, Tn. 37421

423 553 9995

“A change of perspective can change your life.”

Name: _____

City: _____ ST _____

Phone: _____ Skype: _____

Email: _____

I agree to payment of \$120.00 for a 90 minute coaching session, due at the end of the session.

_____ *In-office coaching is payable by cash, check, or credit card.*

_____ *Phone, Skype or Face Time coaching is payable by check or PayPal*

Coaching Agreement

I understand that coaching is not psychotherapy.

I agree to be responsible for my own choices and decisions during our coaching work together.

I understand that life coaching is a comprehensive process that may involve all areas of my life, including work, finances, health, relationships, education and recreation. I acknowledge that deciding how to handle these issues and implement my choices is exclusively my choice and responsibility.

I understand that I must consult with any psychotherapist I may currently be working with regarding the advisability of working with a life coach at this time.

I understand that information will be held confidential unless I state otherwise, in writing, as required by law.

I have read and agree to the above:

Name _____ Date _____