

Crystal Stokes Coaching

Information and Agreement for Coaching/Consulting Services

This document is designed to inform you about my services and to ensure that you understand our professional relationship. This agreement between Crystal Stokes as Coach/Consultant, and _____, Client may include an initial inventory and intake session of about 60 minutes, and 50-60 minute coaching sessions either in person, Skype, or by phone, as frequently as the Coach/ Consultant and Client deem necessary.

The Coach/ Consultant and Client will evaluate progress and decide whether to continue sessions at the last scheduled session. This agreement may be extended or terminated by mutual agreement. The coaching services provided to the client include a powerful, comprehensive process for personal development and transformation, as designed jointly with the client. Coaching/ Consulting may address specific personal projects, work successes or general conditions in the client's life as they choose.

Coaching/Consulting is not psychotherapy. Coaching/ Consulting does not address mental disorders as defined by the American Psychiatric Association. Your life Coaching/ Consulting sessions are not a substitute for psychotherapy, mental health care or substance abuse treatment. Coaching/Consulting assumes the mental health of the client.

As the client, you set the agenda for these sessions and your success will largely depend upon your willingness to define goals and try new approaches. You can expect me, as your Coach/Consultant, to be honest and direct, asking straightforward questions and offering challenging techniques to help you keep moving forward.

One-on-one Individual: 150 USD/hour ***

Couples/Partner meeting: 200 USD/hour

Small group meeting 3-5 people: 250 USD/hour

These prices INCLUDE materials provided and email correspondence limited to brief email exchanges in order to provide reading assignments and homework. *More involved and time consuming emails, which would fall under the label of coaching via email would require additional costs at the rate of 100 USD/hour.*

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CONFIDENTIALITY: As a matter of ethics, the Coach/Consultant has the responsibility to maintain strict confidentiality about ALL personal information shared by the Client. The only exception is when the Client shares information that gives the Coach/Consultant reasonable cause to believe there are threats of serious harm to the Client him/herself or others. The Coach is obligated report the situation to the proper agent.

I, as Coach/Consultant, promise the following:

- 1) All information discussed or provided during sessions will be kept strictly confidential with the exception noted above.
- 2) Communication will be honest and straightforward, including, asking questions and making requests.
- 3) My role will be to serve as a partner, guide and champion for your success as Client.
- 4) I will notify you in advance if an unavoidable conflict arises so we can reschedule.

You, as Client, are requested to do the following as we begin our coaching relationship:

- 1) Be honest. My job is to support you in those actions YOU have chosen for yourself. Please use me as a safe place to look at what stops you from being in action.
- 2) Make all appointments/calls on time, and/or call at least 24 hours ahead to reschedule if an unavoidable conflict arises for you. If calling 24 hours ahead of time is not followed, client will be charged the full fee for the missed appointment time.
- 3) Sometimes I may ask questions which may seem too probing. Think about this right now, and decide if you can give me full permission to be bold and forthright in all our interactions. You decide the pace and tempo of the coaching agreement.
- 4) Tell me what works and what doesn't work in having someone support you.
- 5) Affirm that you are fully responsible for the choices and decisions in your life.
- 6) Reflect right now to confirm whether you are absolutely certain you are ready to begin taking new opportunities and making new choices so changes in your life can happen NOW.

Our signatures on this agreement demonstrate the intent to fulfill the intentions and requests above, and reflect a complete understanding of the services to be provided. As a client, I understand and agree that I am fully responsible for my well-being during my coaching sessions, including my choices and decisions.

Signature _____ Date _____

Signature _____ Date _____