

Coaching Agreement

This Agreement is entered into by and between: Shaina Scott—Trained Mind & Body Coach and [Client First & Last Name Here] _____, whereby Coach agrees to provide Coaching Services for Client focusing on the following: (1) detailed nervous system reading, (2) navigating social influence, (3) education on metabolizing nervous system signals, (4) discussing effective and ineffective self-analysis, (5) fight, flight, fawn, freeze, appease in social/self/career situations, (6) mirroring and people-pleasing awareness, (7) defense against programming of the mind, (7) awareness of unconscious and conscious nervous system stimulation, (8) cognition programming detection through the Self Blueprint System, (9) participation in various nervous system mappings, and (10) our coaching system. Client acknowledges that our metacognition work is experimental in nature and may impact each client differently. Our goal is to aid the Client in finding identity in nervous system regulation, exploring logic around the nervous system, general education of the nervous system, navigation of identity through education of the nervous system, nervous system regulation, rooting their identity to their healthy core values to pursue small and big life goals and casual self-development themes attached to this agreement. *Schedule A.*

Description of Coaching: Coaching is a partnership (defined as an alliance, not a legal business partnership) between the Coach and the Client in a thought-provoking and creative process that inspires the client to maximize personal and professional potential. It is designed to facilitate the creation/development of personal, professional or business goals and to develop and carry out a strategy/plan for achieving those goals.

1) Coach-Client Relationship

- A.** Client is solely responsible for creating and implementing his/her own physical, mental and emotional well-being, decisions, choices, actions and results arising out of or resulting from the coaching relationship and his/her coaching calls and interactions with the Coach. As such, the Client agrees that the Coach is not and will not be liable or responsible for any actions or inaction, or for any direct or indirect result of any services provided by the Coach. Client understands coaching is not therapy and does not substitute for therapy if needed, and does not prevent, cure, or treat any mental disorder or medical disease.
- B.** Client further acknowledges that he/she may terminate or discontinue the coaching relationship at any time.
- C.** Client acknowledges that coaching is a comprehensive process that may involve different areas of his or her life, including work, finances, health, relationships, education and recreation. The Client agrees that deciding how to handle these issues, incorporate coaching principles into those areas and implementing choices is exclusively the Client's responsibility.
- D.** Client acknowledges that coaching does not involve the diagnosis or treatment of mental disorders as defined by the American Psychiatric Association and that coaching is not to be used as a substitute for counseling, psychotherapy, psychoanalysis, mental health care, substance abuse treatment, or other professional advice by legal, medical or other qualified professionals and that it is the Client's exclusive responsibility to seek such independent professional guidance as needed. If Client is currently under the care of a mental health professional, it is recommended that the Client promptly inform the mental health care provider of the nature and extent of the coaching relationship agreed upon by the Client and the Coach.
- E.** The Client understands that in order to enhance the coaching relationship, the Client agrees to communicate honestly, be open to feedback and assistance and to create the time and energy to participate fully in the program.

2) Services

Shaina Scott

The Self Blueprint System

The parties agree to engage in Coaching Sessions through virtual online zoom meetings. Coach will be available to Client by e-mail in between scheduled meetings as defined by the Coach.

3) Schedule and Fees

This coaching agreement is valid as of **Date Of Signing:** __/__/_____

Clients pay per session. Client is not guaranteed a specific number of sessions with this contract.

For 35-Minute Sessions the fee is \$55.00 per session. The calls/meetings shall be 35 minutes.

For 90-Minute Sessions the fee is \$150.00 per session. The calls/meetings shall be 90 minutes.

If rates change after this agreement has been signed and dated, this will void this contract. A new coaching agreement will be processed and delivered to the client with the new rates. If rates are to change, a client will be informed prior to booking a new session.

The refund policy in effect for the term of this agreement is as follows: there are no refunds for sessions.

4) Procedure

The time of the coaching meetings and/or location will be determined by Coach and Client based on a mutually agreed upon time. The Client will initiate all scheduled calls and will video call the Coach on zoom at thesubcodex@gmail.com for all scheduled meetings. If the Coach will be at any other number or contact for a scheduled call, Client will be notified prior to the scheduled appointment time.

5) Confidentiality

This coaching relationship, as well as all information (documented or verbal) that the Client shares with the Coach as part of this relationship, is bound by the principles of confidentiality. However, please be aware that the Coach-Client relationship is not considered a legally confidential relationship (like the medical and legal professions) and thus communications are not subject to the protection of any legally recognized privilege. The Coach agrees not to disclose any information pertaining to the Client without the Client's written consent. The Coach will not disclose the Client's name as a reference without the Client's consent.

Confidential Information does not include information that: (a) was in the Coach's possession prior to its being furnished by the Client; (b) is generally known to the public or in the Client's industry; (c) is obtained by the Coach from a third party, without breach of any obligation to the Client; (d) is independently developed by the Coach without use of or reference to the Client's confidential information; or (e) the Coach is required by statute, lawfully issued subpoena, or by court order to disclose; (f) is disclosed to the Coach and as a result of such disclosure the Coach reasonably believes there to be an imminent or likely risk of danger or harm to the Client or others; and (g) involves illegal activity. The Client also acknowledges his or her continuing obligation to raise any confidentiality questions or concerns with the Coach in a timely manner.

6) Cancellation Policy

Client agrees that it is the Client's responsibility to notify the Coach 24 hours in advance to cancel scheduled calls/meetings. Coach reserves the right to bill Client for a missed meeting. Coach may charge up to 50% of the session cost as cancellation fee. If a session is not rescheduled within fourteen days of the date of the canceled session, the session will be automatically canceled. Coach will attempt in good faith to reschedule the missed meeting.

All sales are final. There are no refunds for completed sessions.

7) Record Retention Policy

The Client acknowledges that the Coach has disclosed his/her record retention policy with respect to documents, information and data acquired or shared during the term of the Coach-Client relationship. Such records will be maintained by the Coach in a format of the Coach's choice (print or digital/electronic) for a period of not less than 2 years.

8) Termination

Either the Client or the Coach may terminate this Agreement at any time with two weeks written notice.

9) Arbitration Agreement

Except as expressly provided in this Agreement, the Coach makes no guarantees, representations or warranties of any kind or nature, express or implied with respect to the coaching services negotiated, agreed upon and rendered. In no event shall the Coach be liable to the Client for any indirect, consequential or special damages. Notwithstanding any damages that the Client may incur, the Coach's entire liability under this Agreement, and the Client's exclusive remedy, shall be limited to the amount actually paid by the Client to the Coach under this Agreement for all coaching services rendered through and including the termination date.

10) Entire Agreement

This document reflects the entire agreement between the Coach and the Client, and reflects a complete understanding of the parties with respect to the subject matter. This Agreement supersedes all prior written and oral representations. The Agreement may not be amended, altered or supplemented except in writing signed by both the Coach and the Client.

11) Dispute Resolution

If a dispute arises out of or relates to this contract, or the breach thereof, and if the dispute cannot be settled through negotiation, the parties agree first to try in good faith to settle the dispute by mediation administered by the American Arbitration Association under its Commercial Mediation Procedures before resorting to arbitration, litigation, or some other dispute resolution procedure.

12) Severability

If any provision of this Agreement shall be held to be invalid or unenforceable for any reason, the remaining provisions shall continue to be valid and enforceable. If the Court finds that any provision of this Agreement is invalid or unenforceable, but that by limiting such provision it would become valid and enforceable, then such provision shall be deemed to be written, construed, and enforced as so limited.

13) Waiver

The failure of either party to enforce any provision of this Agreement shall not be construed as a waiver or limitation of that party's right to subsequently enforce and compel strict compliance with every provision of this Agreement.

14) Applicable Law

This Agreement shall be governed and construed in accordance with the laws of the State of Maryland, without giving effect to any conflicts of laws provisions.

15) Binding Effect

This Agreement shall be binding upon the parties hereto and their respective successors and permissible assigns.

Please sign both copies and return one copy of this Client Agreement prior to the first scheduled coaching meeting. Retain one copy for your records.

Coach:

Shaina Scott

The Subconscious Codex

CLIENT:

Client Name (First & Last): _____

Signature: _____

Date: __/__/____

COACH:

Shaina Scott

Signature: 

Date: __/__/____