**Life Cycle Coaching**

The following represents the Contract between Lauren Jacobs-Jackson (The Life Coach) and (client’s name) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. The Services contracted shall be that of life coaching.

**The Services**

The Life Coach shall assist the Client in clarifying their personal goals and working out a plan of action, as determined by the Client, to help achieve such goals. The Coach will accomplish this by carefully listening to the Client’s concerns, providing open, honest feedback, and activities that aid in obtaining the client’s goals.

The Services will be delivered by telephone, zoom, or by another method, we agree upon, for a period of (circle one) 30 min/60 min every \_\_\_\_\_\_\_\_\_\_\_week(s), or at a mutually-agreed time. The schedule may be modified, if necessary, and if both Parties agree to such modification. Either the Client or the Life Coach may terminate the Services at any time within a 48 hours’ notice of termination, with no further obligation, and the Client shall receive a full refund of all fees paid for the Services not yet delivered. At the end of the Contract Period, the Contract may be renewed if both Parties are agreed.

**Payment for Services**

Payment for the services shall be made before the service is provided. Payment may be made using cash, cash app, papal, or Zelle.

**Confidentiality and Limit of Liability**

Any information disclosed to the Life Coach by the Client shall remain completely confidential, except in the event of the Life Coach’s knowledge of any illegal activity by the Client, or admission by the Client of the intent to commit an illegal act or harm themselves or others. The Client acknowledges the obligation of the Life Coach to cooperate fully with law enforcement and other authorities as required by law and a mandated reporter.

The Client acknowledges that the Life Coach is not in the business of providing medical or legal advice and the Client should retain the services of a qualified professional in any particular area where such qualified advice is required. Furthermore, the Life Coach does not provide therapy or mental health counseling. Clients with psychological or other medical problems should consult a qualified health care professional. Any actions taken in regard to mental health therapy, medical advice, or mental health counseling, or any other activity not directly related to the Services provided to the Client by the Life Coach will be at the sole discretion of and will remain the sole responsibility of the Client, and the Life Coach will not be held accountable and shall remain blameless for any consequences arising as a result of any professional therapy, counseling or any other activity not directly related to the Services provided by the Life Coach.

**Entire Agreement**

This Contract constitutes the entire agreement between the Client and the Life Coach. The Life Coach shall not be held liable and shall remain blameless for any adverse or other consequences, including but not limited to financial, personal, employment or other losses, arising out of decisions or actions the Client may make as a result of the Services provided by the Life Coach.

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Life Coach Date

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Client Date

Intake Form

**Important Issues**

Please briefly describe any issues you would like to address and/or what goals you hope to achieve

Goal #1

Goal #2

Goal #3

**Personal Profile**

Please answer the following to let us get to know you a bit better:

1. I would describe myself as:

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1. Others would describe me as:

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1. The three things I like most about my life/situation are:

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1. If I could change three things about my life/situation, they would be:

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1. My three greatest accomplishments (so far) are:

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1. Some of my hobbies/interests are:

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1. The thing I would like to accomplish most but haven’t yet is?

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6. One thing I wish I could change in the short term is:

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1. I think the most important thing in life is:

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1. I am interested in working with a life coach because:

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