

Wellness Coaching

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Agreement

This is a written agreement between _____(client) and Paddy Tawada, DOM, LAc (coach).

The client agrees to receive coaching and/or other services from the coach during the time period designated below.

The client will provide the coach with a completed application a minimum of three (3) days prior to his/her InnerView. During the InnerView, the coach and client will set short term and long term goals and determine a course of action based on the client's stated objectives and desires.

The client is solely responsible for any actions or suggestions s/he chooses to take.

The coach agrees to support, encourage, suggest, clarify, question and remind the client, always keeping the client's health and wellbeing at the forefront.

All goals, behavioral suggestions, length and quantity of sessions may be reevaluated, changed, or clarified by the client and/or coach at any time during the agreement period.

All information shared between the client and coach is confidential, unless there is reason to believe that the client may cause serious harm to self or other. With the client's written permission, the coach may discuss particular issues with appropriate person(s).

The client agrees to offer feedback to the coach regarding the coach's style and/or suggestions and to communicate specifically what will be most supportive for him or her.

The client may request longer coaching sessions or other services during the 3 month period should the need arise. The client agrees to pay for any extra sessions or services at the time provided.

The client is responsible for placing calls for telecoaching sessions and for paying any long distance charges incurred, unless other arrangements have been made. There is no charge for 5 min. phone calls or brief email communications in between coaching sessions. The client will specifically request when s/he wants a response by phone or email from the coach.

The client agrees to give 24 hours notice to reschedule or cancel any sessions to avoid being charged. (emergencies excepted). The client will state if the cancellation is due to an emergency.

The client will pay for coaching fees and any other services agreed upon at the beginning of each 30 day period (unless other arrangements have been made).

Should the client not meet his/her stated objectives or goals during the time period, time may be extended if the client requests so. The client or coach may discontinue coaching at any time.

The client agrees to terminate his/her coaching period with an OuterView.

I, _____, have read and understand the terms and conditions of this agreement and agree to abide by them.

Client's signature _____ Date _____

Coach's signature _____ Date _____