



Designer**Life**Styles

Date \_\_\_\_\_

Clients Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

This agreement sets forth the expectations and standards that both Client and Lifestyle Consultant/Coach expect during the Lifestyle Consulting/Coaching relationship. Policies and expectations are outlined in the following:

**1. Relationship between Client and Lifestyle Consultant/Coach**

As the Client's Lifestyle Consultant/Coach, Samuel Graham, doing business as a Lifestyle Consultant, will partner with the Client on a journey of discovery, self exploration, accountability, and follow through. The Consultant will assist the Client with discovering within themselves the beliefs or issues that are blocking the Client from moving forward in achieving these set goals.

The Lifestyle Consultant operates from a particular Consulting model, but it is the responsibility of the Client to work and follow through with implementing the plan set forth between the Lifestyle Consultant and Client.

**2. Term of Service**

Achieving the results desired and expected by the Client and Lifestyle Consultant normally takes time. In order for the Lifestyle Consulting sessions to be most effective and to allow time for changes and results to occur in the Clients life, the Client will commit to a period of 3 months.

Either party may terminate the coaching relationship at any time after agreeing to have a final session before concluding the relationship and financially settling any outstanding fees. The Lifestyle Consultant agrees to refund any unused pre-paid fees.

**3. Scheduled Sessions**

Regular Lifestyle Consulting sessions will be delivered by meeting at a specific time and place agreed upon by the Lifestyle Consultant and Client. Lifestyle Consulting sessions will last for 60 minutes (1 hour) and are billed at a rate of **\$55 per session**. Lifestyle Consulting packages are available for purchase. **Fees are payable by the month, in advance, per the agreed upon sessions for the month.**

**4. Cancellation of Appointments**

The Client is responsible for any regular session fees that the Client cancels with less than a 24 hour notice. Cancellations should be given by phone (actual contact, voicemail message, or text), not email, whenever possible.

**5. Additional Calls**

Unscheduled calls or sessions will be billed at the regular rate after a grace period of 15 minutes.

**6. Confidentiality**

The Client's identity, relationship, and content of the sessions are strictly confidential except in a situation where such confidentiality would violate the law, cause harm, or the client provides authority (written consent) to release information or utilize testimonials for appropriate and positive use.

**7. Payment Method**

Designer LifeStyles accepts cash, checks, money orders and/or certified check as methods of payment. In the event of an NSF (Non-Sufficient Fund) check, the client(s) will be required to pay for their future sessions by cash, money order, or certified check.

**8. Liability**

The Client agrees and understands that Designer LifeStyles and all of its employees are not medical or physiological professionals. They are not a substitute for psychotherapy or medical practice. If a situation arises where medical or psychological intervention is needed, Designer LifeStyles is ethically and legally bound to refer the Client to a Mental Health or Medical professional.

I have read this agreement and agree to abide by its terms and conditions, and acknowledge receipt of my own copy of this agreement.

Client's Signature \_\_\_\_\_

Printed Name: \_\_\_\_\_

LifeStyle Consultant Signature \_\_\_\_\_