

## **Yielding Action Health Coaching**

Certified Health Coach, Lisa Burbach  
Client and Coach Agreement

### **What is Health Coaching:**

A Health Coach empowers you to realize health behavior change that is lasting, allowing you to walk in the four pillars of health; Lifestyle, Exercise, Attitude, and Nutrition. Health Coaching bridges the gap between the relationship with your physician and his/her recommendations for your wellbeing and your abilities to develop safe and healthy self-care habits which lead you to success in your life of holistic wellness (Mind, Body, Soul).

### **The purpose of this Agreement:**

I recognize that you are the best authority on you. I intend to honor your autonomy and your desires and look forward to a mutually respectful relationship. That respectfulness includes setting expectations and understanding of our relationship from the beginning. This agreement can be modified by addendum, by the coach and client, at any point that you feel the need to do so. The original agreement will be effective until both parties have signed the addendum.

### **Procedure:**

Each session will run 30/60 minutes and the length will be determined ahead of time by the client. The first session is an introductory session lasting 30 minutes. This session allows us to plan and understand what our health coaching relationship will look like, identify some wellness goals, and get to know one another a little bit before we begin. If you need to reschedule a session, please let me know 24 hours in advance. Please see the Services and Fees handout for pricing. Payment is expected prior to services or at the time of service. Services will not be billed. You may make payment by check, cash, or credit card. If paying prior to services you may use the Paypal link on my website.

### **Expectations**

Communication is key to our relationship. I encourage you to be honest, both with yourself and with me. Feel free to give feedback, let me know if you don't like a certain approach and if you do like another. If you ever feel uncomfortable please let me know. My coaching is done with you as the focus. If at any point you have concerns that you feel are not being addressed, please let me know. As your coach I am here to educate, help you find motivation, encourage you, and guide you, Please take advantage of me as a resource for you.

I expect that we will each give each other our best efforts. Growing and changing can be difficult, I ask that you be willing to grow. Sometimes I will make direct requests towards your goals and ask clarifying and reframing questions. You will always have the option of accepting, declining or letting me know of some ideas that might be more comfortable.

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**Termination**

I ask that you let me know one month in advance if you would like to terminate our work together.

**Confidentiality**

I recognize that you may give information during our sessions which is of a confidential nature. I will not, at anytime either directly or indirectly, use this information for my own personal benefit, nor disclose said information to anyone else or third parties without specific written approval. I will not divulge that you and I are in a coaching relationship without your approval.

Please be aware that if I feel that you are a danger to yourself or others I will need to violate this confidentiality and notify the proper authorities so that protective measures can be taken. You should also be aware that health coaching confidentiality is voluntary, unlike physicians and lawyers, and I cannot claim in a court to be unable to divulge information or the nature of our relationship.

**Nature of the relationship**

Please be aware that the coaching relationship is in no way to be construed as psychological counseling or any type of therapy as this is beyond the scope of a Certified Health Coach. It is the clients responsibility to seek appropriate professional counseling or therapy if the client should deem it necessary.

As a coach I cannot diagnose, treat, prescribe, or mitigate symptoms of disease. In the state of North Carolina I may not create meal plans or provide nutritional counseling, but may teach you the skills needed to create your own plans as well as learn the principles of good nutrition. In regards to nutrition NC law provides that I may only give general non-medical nutrition information, which includes but is not necessarily limited to the following:

- principles of good nutrition and food preparation
- food to be included in the normal daily diet
- essential nutrients needed by the body
- recommended amounts of essential nutrients
- actions of nutrients on the body
- effects of deficiencies or excesses of nutrients
- food and supplements that are good sources of essential nutrients

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### **Client Waiver**

The undersigned client understands that I am a Certified Health Coach. I cannot be held liable for any resources or education that I provide during our work together. Coaching results are not guaranteed. You enter into coaching with the understanding that you are responsible for creating your own results.

**Client has read and agrees to the parameters of the coaching practice which have been outlined on the previous pages:**

**Client Signature/Date:**

**Coach Signature/date:**