



EMPOWER WELLNESS

Agreement for Wellness Coaching Services ("Agreement")

I. Client Name

Welcome to the 3 Month Wellness Coaching Program

The goal of the next three months is to work towards allowing you to gain clarity, insight and awareness of your personal behaviors and guide you to make the necessary changes that will allow you to reach your goals and build your confidence. You'll learn new lifestyle rituals to help you discover your best and most empowered version of yourself. Please read the following. If anything is unclear, please ask Empower Wellness.

This Agreement is made today between the Kari Schaffner, DBA Empower Wellness and the person named at the end of this document, [the Client]. The Program in which you are about to enroll in will include all of the following:

One 60-minute coaching session and two 30 to 45 minute coaching sessions per month which will include email and text support between sessions, a discussion of your progress, recommendations, a full set of notes and tips to help you meet *your* unique goals! Sessions are designed to build on each other. We will start with a goal-setting and will develop a customized plan to meet YOUR specific and unique needs! Empower Wellness coaching sessions are conducted via phone, skype or in-person at our Santee office. All client information is respected and kept confidential. All programs include detailed recommendations at each session, action planning and goal setting, stress management, weekly diet journal feedback as well as unlimited email and text message support between sessions.

Program Begin

Program End "End Date"

Scheduling

As your Coach, I understand that my clients have busy schedules and I take pride in not keeping them waiting or keeping them longer than planned. Each one hour session will end 60 minutes after it was scheduled to begin; each 30 to 45 minute session will end at the latest 45 minutes after it was scheduled to begin. Please be on time. If the Client needs to **cancel or reschedule** the appointment, the Client must do so **12 hours in advance**; otherwise, the Client will forfeit that appointment and will not have an opportunity to reschedule it. This program expires if all sessions have not been completed within one months after the End Date specified above.

Payments and Refunds

The Client understands that the regular cost of the Program is **\$275 per month for 3 months** and is **non-refundable**. The Client will be automatically charged to the credit card on file each month. In the event of the client's absence or withdrawal, for any reason whatsoever, the client will remain fully responsible for the unpaid balance of the Program. Under no circumstances will the coach refund any payments made by the client. By signing the Program Agreement, the client agrees to be legally obligated to pay the full amount of this Program. The Coach reserves the right to cancel the program if at any point she or he feels it is not advantageous for the coaching program to continue. If this happens, the Client is only responsible for the pro rata share of coaching services received.

I hereby acknowledge that I have reviewed and agree to the above conditions. Any questions that I had concerning these conditions have been answered to my satisfaction.

Client Signature

Client Name (Print)

Date/Time

Kari Schaffner

Kari Schaffner (Print)

Date/Time