

## **Holistic Nutrition Coach, LLC. Disclaimer**

Hello! I am looking forward to beginning this coaching journey with you and I am excited to be a part of the process as you work towards your goals and aspirations. Please take some time to review this disclaimer and let me know if you have any questions, and I would be more than happy to speak with you about them.

A nutrition coach and client relationship is whereas both the client and coach agree to enter into a partnership where the coach agrees to provide coaching services to the client based on the ethics, behavior, and morals established by the International Coach Federation (ICF) ([coachfederation.org/ethics](http://coachfederation.org/ethics)).

**What is Coaching?** A nutrition coach works with their client in a partnership to encourage and develop creative ideas and nutrition goals that the client works towards with encouragement and support from the coach. A nutrition coach does not diagnose, analyze, or treat any medical or mental health disorders, and coaching is not to be used in lieu of therapy, psychotherapy, or counseling.

**Commitment:** Nutrition coaching is a thoughtful, enlightening, and energy invested process that can take time, and therefore a **12 session** commitment to the coaching partnership is encouraged but not mandatory. The coaching can continue on a weekly or bi-weekly schedule, until the client feels it is time to end the coaching relationship.

**Service Provided:** The time of the session will be determined by the coach and client and will be provided online via video call.

**Fees:** The coaching fee is   \$55   per consult session. The first initial session allows the coach and client to spend time forming a partnership, going over the health assessment questionnaire, and getting to know one another. This session is has a fee of   \$70  . Payment is due upon the completion of each session. Payment is accepted in the form of PayPal, Venmo, or credit card. Sorry, no personal checks accepted.

**Cancellation Policy:** Rescheduling an appointment can be done with advance notice of more than 24 hours. If a session is missed with no notice it is considered a paid appointment. If there is

an emergency, and an appointment is missed, the coach and client will work around it and find a time to have the missed session.

**Termination:** The client or the coach may terminate the agreement at any time.

**Refund Policy:** There are no refunds.

**Client Coaching Relationship:**

- The coaching relationship is strictly professional and confidential unless the coach says otherwise in writing, except as required by the law.
- The client is in charge of their own choices, decisions, goal planning, actions, and the outcomes from the client coaching meetings, and therefore the coach is not responsible or liable for any action, reaction, or results, from the coach-client partnership.
- The client acknowledges that it is his/her choice of what nutrition topics are covered and discussed in the sessions and it is the client's responsibility to choose the topics discussed. If a topic arises that is deemed uncomfortable or unwanted, the client shall let the coach know immediately, so the topic can change.
- The client agrees to tell the coach if they are under the care of a mental health professional, and will also let the mental health professional know they are entering into a partnership with a health and wellness coach.
- The client agrees to be open, communicate honestly, and be engaged and focused throughout the sessions. If the coach ever does or says something that makes you feel uncomfortable or just doesn't feel right, please let the coach know right away.
- The client acknowledges that coaching is not to be used instead of professional mental health, legal, or medical advice.
- All decisions and actions are made by the client and are the responsibility of the client.
- The coach makes no guarantees or warranties of even kind and is not liable to the client for any damages.

I have read and agree to the above agreement.

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Client Signature

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Date

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Coach Signature

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Date