Life Coaching Agreement

Client and coach agreement | Complete and sign before the first paid session

Coach: Michael Wiegand, Professional Life Coach

Business: Wiegand's Mental Health Life Coaching

Client legal name: _____

Date: _____

1. Purpose and scope

Coaching is a collaborative, goal-focused service offering supportive conversation, accountability, encouragement, and practical planning for personal growth and everyday life challenges. The client chooses goals and remains responsible for personal decisions and actions. No particular outcome is promised.

2. Not therapy or emergency care

Michael Wiegand is acting as a life coach, not as a licensed therapist, psychologist, counselor, physician, or crisis provider. Coaching does not include diagnosis, psychotherapy, medical advice, medication management, addiction treatment, or suicide risk treatment. Coaching is not a substitute for licensed care. In an emergency call 911; for U.S. suicide or emotional crisis support call or text 988.

3. Session format and fees

Sessions may be held by private video call or another mutually agreed method. Current rates: 45 minutes $60; 60 minutes $80; five 60-minute sessions $375; ten 60-minute sessions $725; twelve 60-minute sessions $840. Initial consultation is free. Payment plans may be offered only when separately agreed in writing. Before purchase, the coach will confirm session duration, package use-by date (if any), payment schedule, refund terms, and any applicable taxes or fees in writing.

4. Scheduling, cancellations, and missed sessions

Appointments are scheduled by mutual agreement. Cancellation/rescheduling notice required: _____ hours (to be completed before signing). Late cancellation fee or forfeiture, if any: _____. Missed-session policy: _____. No fees or forfeitures apply unless disclosed and agreed before purchase, subject to applicable law.

5. Privacy and limits

The coach will treat client information as private and limit access to what is needed to deliver services. Confidentiality is not absolute: disclosure may be necessary with the client's permission, to comply with valid legal requirements, or to address a serious and imminent safety concern, as permitted or required by law. Life coaching is not automatically protected by therapist–patient privilege or HIPAA. See the accompanying Privacy & Confidentiality Policy.

6. Client participation and referrals

The client agrees to provide accurate information relevant to coaching, communicate needs and concerns, and seek qualified medical or mental health support when appropriate. The

coach may pause or end coaching and recommend other services when the client's needs fall outside the scope of coaching.

7. Communication and technology

Email, phone, and video platforms may have privacy risks. Do not send urgent crisis messages to the coach. Coach's normal response timeframe: _____. Sessions will not be recorded by either party without separate prior written consent.

8. Ending services and disagreements

Either party may end coaching by written notice. Any prepaid unused sessions and refunds will be handled under the written package terms and applicable consumer law. Concerns should first be raised with the coach using the contact details above. This agreement does not waive rights provided by law.

9. Acknowledgment

By signing, the client confirms they understand the nonclinical nature of coaching, the fees and completed cancellation terms, the privacy limits, and their right to ask questions before proceeding.

Client signature: _____

Date: _____

Coach signature: _____

Date: _____