



Client:

Dear:

I am very excited about working together with you in a coaching relationship. This letter outlines our AGREEMENT between Herndon Consulting, LLC DBA BeMeBetter (BMB) and you, the above named Client.

We will start with a 90 minute Discovery Session. After that, the format of the coaching services provided will be one hour per week for two weeks in a month, FOR A MINIMUM of three months. The fee for the Discovery Session is \$150; the fee for the initial three months is \$200 per month, payable in advance each month. All fees are subject to New Mexico gross receipts tax. Upon completion of the three months, coaching will be provided on a month-to-month basis. We agree to provide one another with 30 days' notice in the event it is desired to cancel further services.

The services to be provided by BMB are coaching or tele-coaching, as designed jointly with you. Coaching — which is not advice, therapy or counseling — may involve all areas of your life, including work, finances, health, relationships, education and recreation. You acknowledge that deciding how to handle these issues and implement your choices is exclusively your responsibility. Coaching does not treat mental disorders as defined by the American Psychiatric Association. You understand that coaching is not a substitute for counseling, psychotherapy, psychoanalysis, mental health care or substance abuse treatment, and you will not use it in place of any form of therapy. You promise that if you currently are in therapy or otherwise under the care of a mental health professional, that you have consulted with this person regarding the advisability of working with a coach and that this person is aware of your decision to proceed with the coaching relationship. You understand that feelings are a normal and healthy part of being human and that through a coaching relationship, awareness and curiosity will be brought to your feelings so that you can make more informed choices and move into your desired action. You understand that coaching does not deal with the psychological antecedent to emotions, which is the realm of therapy.

BMB promises that all information shared by you will be kept strictly confidential, except when releasing such information is required by law. I do reserve the rights to seek second opinions from other certified coaches or professionals if I deem it necessary and to record our conversations for my training purposes.

Throughout our working relationship, we will engage in very direct and personal conversations. You can count on me to be honest and straightforward, ask clarifying questions and make empowering requests. The purpose of our interaction is to hold your focus on YOUR desired outcome and to coach you to stay clear, focused and in action. You understand that the power of the coaching relationship can only be granted by you — and you agree to do just that. When you see the coaching is not working as desired, you agree to communicate with me and take actions to return the power to the coaching relationship.

By signing below you agree to keep your agreements, to regard our appointment time frames with respect and to keep me informed as to what is needed to keep you moving forward. Our signatures on this agreement indicate full understanding and agreement with the information outlined above.

Coach

Date