

LIFE COACHING AGREEMENT

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This Life Coaching Agreement (this "**Agreement**") is entered into as of [EFFECTIVE DATE] (the "**Effective Date**") by and between:

[COACH LEGAL NAME], [an individual residing at / a STATE ENTITY TYPE with its principal place of business at] [COACH ADDRESS] ("**Coach**"); and

[CLIENT LEGAL NAME], an individual residing at [CLIENT ADDRESS] ("**Client**").

Coach and Client are each a "**Party**" and together the "**Parties**."

Recitals. Client wishes to engage Coach for life coaching to support Client in clarifying personal goals, building habits, and navigating life transitions, and Coach wishes to provide that support, on the terms of this Agreement. Because life coaching touches on personal and emotional topics, this Agreement is careful to define the scope of the relationship and the clear boundary between coaching and therapy or medical care. In consideration of the mutual promises below, the Parties agree as follows.

1. Nature and Boundaries of Life Coaching

1.1 What life coaching is. "**Life Coaching**" is a forward-focused, supportive relationship in which Coach helps Client set goals, explore options, and stay accountable across personal areas such as [relationships, habits, purpose, work-life balance, transitions]. Coaching draws on Client's own resourcefulness; Client remains the expert on Client's life.

1.2 What life coaching is not. Life coaching is **not** psychotherapy, counseling, mental-health treatment, medical care, crisis intervention, substance-use treatment, or any form of licensed clinical service. Coach is not acting as a licensed therapist, psychologist, counselor, social worker, or physician under this Agreement and does not diagnose or treat any condition.

1.3 Boundary and referral. If issues arise that are better addressed by a licensed clinician (for example, depression, anxiety, trauma, eating disorders, or suicidal thoughts), Coach will, where appropriate, encourage Client to seek and may refer Client to a qualified professional, and may pause or end coaching until Client has appropriate support.

1.4 Crisis resources. Coaching is not a crisis or emergency service. If Client is in crisis or experiencing a medical or psychological emergency, Client should contact emergency services or an appropriate crisis line in Client's area immediately, not Coach.

2. Scope of Services

2.1 Services. Coach will provide life coaching (the "**Services**") focused on: [DESCRIBE GOALS / AREAS].

2.2 Sessions. The program includes [NUMBER] sessions of approximately [NUMBER] minutes each, delivered [weekly / biweekly] over [DURATION], conducted [by video / by phone / in person at [LOCATION]].

2.3 Between sessions. Coach will provide [describe, e.g. limited email or message support on business days / accountability check-ins / none] between sessions.

2.4 Client work. Coach may offer reflections, exercises, or practices between sessions. Engaging with them is voluntary, and Client's results depend on Client's participation.

3. Client Responsibilities and Acknowledgments

3.1 Responsibility for self. Client acknowledges that Client is solely responsible for Client's own physical, mental, emotional, and spiritual well-being, and for all decisions, choices, and actions taken during and after the coaching.

3.2 Honesty and engagement. Client agrees to participate honestly and openly, as the value of coaching depends on candor and engagement.

3.3 Existing care. If Client is currently receiving mental-health or medical care, Client should inform that provider of Client's decision to engage in coaching and is encouraged to coordinate with them where appropriate.

3.4 Not a substitute. Client acknowledges that coaching is not a substitute for therapy, counseling, or medical treatment, and that Client will seek licensed care when needed.

4. Confidentiality and Privacy

4.1 Confidential treatment. Coach will keep Client's personal information and the content of sessions confidential and will use it only to provide the Services.

4.2 Not legally privileged. Client understands that coaching is not a legally privileged relationship, and that, unlike communications with certain licensed professionals, coaching communications may not be protected from compelled disclosure.

4.3 Limits of confidentiality. Coach may disclose information where required by law or where Coach reasonably believes disclosure is necessary to prevent imminent harm to Client or another person.

4.4 Marketing. Coach will not use Client's name, story, likeness, or results in any marketing without Client's prior written consent.

5. Fees and Payment

5.1 Fees. Client will pay Coach [a program fee of [AMOUNT] / [AMOUNT] per session / [AMOUNT] per month] for the Services. Fees are stated in [CURRENCY] and exclude applicable taxes.

5.2 Payment schedule. Client will pay [in full before the program begins / in [NUMBER] installments / monthly in advance] by [PAYMENT METHOD].

5.3 Late payment. Undisputed amounts not paid when due accrue interest at the lesser of [e.g. 1.5%] per month or the maximum rate permitted by applicable law. Coach may suspend Services while payment is overdue.

5.4 Cancellation of sessions. To reschedule without forfeiting a session, Client must give at least [NUMBER, e.g. 24] hours' notice. Late-cancelled or missed sessions are forfeited except in genuine emergencies the Parties agree to excuse.

5.5 Refunds. [State refund terms clearly, e.g. program fees are non-refundable once coaching begins / prorated refund of unused sessions on cancellation], consistent with applicable consumer-protection law.

6. No Guarantee of Results

6.1 Outcomes vary. Coach makes no guarantee that Client will achieve any specific goal, change, or outcome. Results depend on Client's circumstances, choices, effort, and factors outside Coach's control.

6.2 Best efforts. Coach will apply professional skill and reasonable effort to support Client toward the goals in Section 2, but the absence of a particular result is not a breach of this Agreement.

7. Limitation of Liability

7.1 Exclusion of indirect damages. Neither Party is liable for any indirect, incidental, special, consequential, or punitive damages arising out of or related to this Agreement.

7.2 Liability cap. Except for liability that cannot be limited under applicable law, Coach's total aggregate liability arising out of or related to this Agreement will not exceed the total fees paid by Client for the Services giving rise to the claim.

7.3 Release. Client assumes full responsibility for decisions and actions taken in connection with the coaching and releases Coach from claims arising from those decisions, except to the extent caused by Coach's gross negligence or willful misconduct.

8. Term and Termination

8.1 Term. This Agreement begins on the Effective Date and continues for the program period or until terminated under this Section.

8.2 Termination by either Party. Either Party may terminate this Agreement on [NUMBER, e.g. 14] days' written notice. Section 5.5 governs any refund.

8.3 Immediate termination. Coach may end the coaching immediately if Coach reasonably believes the relationship is not appropriate for Client's needs (for example, where licensed clinical care is required), and will, where possible, support Client in finding appropriate resources.

8.4 Effect of termination. On termination, Client will pay for Services performed through the effective date, subject to Section 5.5.

8.5 Survival. Sections 4, 5 (for amounts accrued), 6, 7, and 9 survive termination.

9. General Provisions

9.1 Independent contractor. Coach is an independent contractor. Nothing creates a partnership, joint venture, agency, or employment relationship.

9.2 Governing law and venue. This Agreement is governed by the laws of the State of [STATE], without regard to its conflict-of-laws rules. The Parties submit to the exclusive jurisdiction of the state and federal courts located in [COUNTY, STATE].

9.3 Dispute resolution. Before filing suit, the Parties will attempt in good faith to resolve any dispute through direct discussion within [NUMBER] days of written notice. [OPTIONAL: mediation — discuss with counsel.]

9.4 Assignment. The Services are personal to Coach. Neither Party may assign this Agreement without the other's prior written consent.

9.5 Notices. Notices must be in writing and sent to the addresses above (or as updated in writing) and are effective on receipt.

9.6 **Entire agreement; amendment.** This Agreement is the entire agreement between the Parties on its subject and supersedes prior discussions. It may be amended only by a writing signed by both Parties.

9.7 **Severability and waiver.** If any provision is unenforceable, the rest remains in effect. A Party's failure to enforce a provision is not a waiver.

9.8 **Counterparts and electronic signature.** This Agreement may be signed in counterparts and by electronic signature, each of which is an original and all of which together form one agreement.

IN WITNESS WHEREOF, the Parties have executed this Agreement as of the Effective Date.

COACH	CLIENT
Signature: _____	Signature: _____
Printed name: [NAME]	Printed name: [NAME]
Title: [TITLE / N/A]	Title: [N/A]
Date: _____	Date: _____

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