

Workplace Wellness Solutions Coaching Agreement Form



Rise Up to Wellness

What is Integrative Health Coaching?

Integrative Health (IH) Coaching is a client centered relationship working with individuals collaboratively to address the health and wellbeing of the whole person. It acknowledges the interdependent roles of mind, body, and spirit and the innate healing capacity within each person with an emphasis on self care. An integrative health coach forms a partnership with individuals or groups to empower and support them in achieving their personal goals related to optimal health and wellness.

What do we focus on in the Integrative Health Coaching session?

During the coaching session we will work together to articulate what is important to you in life and what you want your health and wellbeing for. The core areas that affect your health and wellbeing and how you would rate them currently and which areas need more attention than others.

What we will discuss.

- *Your goal to improve your health and wellbeing
- *Action steps to achieve this goal
- *Additionally we will discuss what may support you in completing your action steps
- *Establish timelines, accountability, strategies, and anticipate possible challenges

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Our work will start once you have completed the provided worksheets and we meet for the first time. Meetings can be in person, face-time, skype, google hangouts, or by phone. Normally an initial session will be 90 minutes as we will be exploring a lot of information to get to the final goal and some initial action steps. If you need to reschedule any session, please let me know 24 hours in advance. I ask for a commitment of 3 months, where we meet at least every other week for approximately 45 minutes, which is 6 sessions. After that time, we will re-evaluate your progress and our work together and make any further agreements.

After our initial session, I ask that you come to the coaching sessions prepared to share what you have experienced working towards your goal. What were the action steps? Were they achieved? What were the lessons in the challenges and the successes?

Expectations: Please be honest with yourself and me throughout the coaching process. You can expect me to be straightforward, constructive and confidential. You can say anything to me, positive or negative; this includes honesty in your responses to me, and letting me know if something makes you uncomfortable or if you don't want to respond to a question. The key to an effective coaching relationship is communication. Please let me know at any time if you have concerns that we haven't addressed.

As your coach, I am a resource for you to use to your best advantage. I will share concepts or insights, and ask re-orienting questions that are intended to increase your success in attaining your health goals.

I expect your best. If you aren't doing your best, I'll ask you to. I expect you to be willing to grow. From time-to-time, I'll make a direct request, like: "Will you accomplish 'X' by the end of the month?" You always have the option of accepting a request, declining or counter-offering something that might be more workable for you.

Confidentiality: I recognize that in the course of our work, you may give me the following: future plans, health information, financial information, job information, goals, personal information, and other proprietary information. I will not at any time, either directly or indirectly, use any information for my own personal benefit, disclose, or communicate in any manner any information to any third party. I will not divulge that you and I are in a coaching relationship without your permission. I will hold everything that we say and do confidential unless you present as a physical danger to yourself or others. In this case, I will inform legal authorities so that protective measures can be taken. In addition, you should know that unlike a physician or a lawyer our confidentiality

agreement is not protected by law. Should it ever happen, I cannot claim in court to be unable to divulge the contents of our conversations.

Nature of the relationship: You are aware that the coaching relationship is in no way to be construed as psychological counseling or psychotherapy. In the event that you feel the need for professional counseling or therapy, it is your responsibility to seek a licensed professional. Coaching results are not guaranteed. You enter into coaching with the understanding that you are responsible for creating your own results. As part of my training, you are working with me on a volunteer basis for the purpose of creating a structure to identify and achieve your health and wellbeing goals.

Client Waiver: Simply stated, you understand that I am an Integrative Health Coach offering motivational and educational services. I cannot be held liable for any advice, suggestions or guidance that I provide during our work together.

Client has read and agrees to the parameters of the coaching practice which have been outlined on the previous pages:

Client signature:

Coach signature:

Date:

Date:

My Health & Wellbeing: Core Areas

These six areas are core to sustaining our health and wellbeing and there are many ways for you to promote your health using self-care practices. Based on your current state, today, please rate your satisfaction with the following areas of your life on a scale from 1-10, 10 being perfect and needs no improvement whatsoever.

_____ **SLEEP** – consistently getting adequate restful sleep. The health benefits of getting adequate and restful sleep impacts all aspects of our mental, physical, emotional, social and spiritual selves.

_____ **MOVEMENT** – being active. Regular physical activity helps improve our overall health and fitness while reducing our risks for many chronic diseases.

_____ **NUTRITION** – eating whole unprocessed nutritious foods. Evidence shows that cultures around the world that consume whole, unprocessed, unadulterated food are healthier.

_____ **RELATIONSHIPS** – interacting respectfully with ourselves & others. Healthy socializing and relationships are essential to healthy living. As social beings, studies show that we live longer, are healthier and happier when we are with those that we love and share our lives with.

_____ **MINDFULNESS** – practicing stress protective activities. As we address our stress, have fun, practice relaxation, and use healthy coping skills, we build our resilience to future stress and avoid the harm caused by stress.

_____ **ENVIRONMENT** – managing our physical surroundings. The emphasis of interconnectivity reminds us that if our environment is out of balance, we are out of balance.

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PRIORITIZE List the Areas you ranked 4 or Less (lowest ranking area, list first)

IMPROVE List the Areas you ranked 5-7 (lowest ranking area, list first)

MAINTAIN List the Areas you ranked 8-10 (lowest ranking area, list first)
