

COACHING/CONSULTING INFORMATION AND AGREEMENT

Marisa Asplund, MA, LPC
COUNSELING SPORTS PSYCHOLOGY COACHING
2855 Main Ave Suite B103
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Thank you for allowing me to meet with you as we work together to grow this professional coaching and/or consulting relationship. There are a few things that I'd like you to know about before we start our work together. The first, is that although I am a Licensed Professional Counselor in the States of Colorado and Arizona, I am not licensed to practice psychotherapy in your state. Therefore, the nature of our work together will be different and will not take on a clinical mental health nature. Although as a coach or consultant I may draw on my knowledge and experience from my clinical background, our work will be geared more towards helping you to become the best version of yourself you can be or desire to be. Please initial here that you have read and understand this _____.

COACHING/CONSULTING: The purpose of coaching or consulting with me is to assist you (client) in attaining desired outcomes. The coaching/consulting process involves a clarification of the client's goals to be achieved, a review of the client's current circumstances regarding those goals, an analysis of options for change available to the client, consideration of current obstacles, and the development of strategies for the client to implement to attain the goals. The client enters into the coaching relationship with the understanding that he or she is responsible for creating strategies, taking action, and managing the results of the choices made. The role of the coach is to provide structure for the discussion, ask relevant questions, provide feedback, and assist the client in moving the process along. The coaching/consulting relationship is not to be construed as psychological counseling or any type of psychotherapy. Should I feel that there is a clinical mental health concern, I will inform you (client) of such and I will need to terminate our coaching relationship. I can do my best to provide you with a local agency that can assist you in finding an appropriate licensed mental health provider.

CONFIDENTIALITY: The coaching sessions are private and confidential. Except as provided below, everything the client says during a coaching session will be held by the coach as confidential and will not be shared by the coach with anyone else unless the person being coached gives prior written permission.

These confidentiality rules will not apply where there is a danger of suicide or homicide, where there is abuse or neglect of children or vulnerable adults, or where circumstances exist that require reporting under various public health laws. In addition, these confidentiality rules will not apply when information is requested by a subpoena pursuant to a legal or administrative action or as required pursuant to a court order.

CANCELLATION: If a cancellation is necessary, I require a 24 hour notice without being charged a full session rate. Outside of 24 hours, I will do my best to accommodate your needs. I do take into consideration illness and unforeseen circumstances, so I encourage you to be open with me about the need to cancel. All sessions cancelled within one hour, regardless of reason, will be charged a full session rate.

TERMINATION: Client may terminate this coaching/consultation agreement at any time, provided that upon termination, the client shall pay in full for all services rendered through the effective date of termination.

PAYMENT/SESSION FEES: I charge \$125.00 per session which is 60 minutes in length. I accept credit/debit cards, mailed checks, and Venmo or Cash App transactions. We'll discuss this in our first session.

SIGNATURE INDICATES THAT YOU HAVE READ THE ABOVE INFORMATION AND ARE IN AGREEMENT TO THE ABOVE TERMS

Client Signature

Date

Client Name PRINTED

Date

Marisa Asplund, MA, LPC

Date

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