



Thank you for inquiring about a coaching session with me at Exploring Your Depths, LLC! I'm excited for us to work together. Before we get started, please review and digitally sign this Client Agreement form.

I, Cathy Carpenter, offer *personal, motivational coaching*. I am not a licensed therapist or medical doctor. If you have sensitive issues, such as medical, financial, legal, etc., you should seek "expert" advice from a professional in that field for help with that specific issue.

As a coach, I can help you reframe a personal problem and offer my opinion based on my personal knowledge and experience, but it is up to you to decide what to do and take action based on *your own best judgment*. Only you know what is best for you. At the same time, any result of our coaching is dependent on you taking action to change your situation. Coaching alone won't get you anywhere new; you must take steps in a new direction to solve your problem. You have free will. It is your responsibility to decide what you should do and do it. I, the coach, am not responsible for your decisions and actions.

As such, you, the client, agree to waive me, Cathy Carpenter, from any and all liability for any outcome of our coaching sessions. You also understand that *any results or outcomes of our coaching are not guaranteed*. If you are still unsure what to do about your issue after speaking with me, you are welcome to seek out other advice.

If you have second-thoughts about entering into a coaching relationship with me, you must request a refund before our first coaching session. Any refunds requested after coaching has begun will be prorated based on how many minutes of coaching were used, minus an administrative fee of \$25.

(Type your name and date below and send the form from your email address to digitally sign this document and agree to the statements above).

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_