



with Cherie Palmer Terms and Conditions for Coaching

When coaching sessions are purchased, it is agreed that you understand and accept the enclosed terms and conditions. The term “Coach” means Cherie Palmer and “Client” means the person purchasing and/or attending a coaching session.

1) Coach-Client Relationship

A. Coach agrees to maintain the ethics and standards established by The Life Coach School (LCS). Client is solely responsible for creating and implementing his/her own physical and mental well-being resulting from the coaching relationship. Nothing discussed in our sessions should be considered medical advice. The Client agrees that the Coach is not and will not be liable for any actions or inaction, or for any result of any services provided by the Coach. Client acknowledges that coaching does not involve the diagnosis or treatment of mental disorders and that coaching is not to be used as a substitute for therapy, if needed, and does not prevent, cure, or treat any mental or medical disease.

B. Client acknowledges that he/she may terminate the coaching relationship at any time.

C. Client acknowledges that coaching is a comprehensive process that may involve different areas of his or her life, including work, finances, health, relationships, education and recreation. The Client agrees that deciding how to handle these issues, incorporate coaching principles into those areas and implementing choices is exclusively the Client’s responsibility.

D. Client acknowledges that coaching does not involve the diagnosis or treatment of mental disorders as defined by the American Psychiatric Association and that coaching is not to be used as a substitute for counseling, psychotherapy, psychoanalysis, mental health care, substance abuse treatment, or other professional advice by legal, medical or other qualified professionals and that it is the Client’s exclusive responsibility to seek such independent professional guidance as needed. If Client is currently under the care of a mental health professional, it is recommended that the Client promptly inform the mental health care provider of the nature and extent of the coaching relationship agreed upon by the Client and the Coach.

E. The Client understands that in order to enhance the coaching relationship, the Client agrees to communicate honestly, be open to feedback and assistance and to create the time and energy to participate fully in the program.

2) Procedure

The Client and the Coach will find a day and time that works best days to meet. Once times and dates have been confirmed, the Client will schedule the first meeting on the self-scheduler located on the website: www.daybydaylifecoaching.com (this is also when payment is due). Because the meetings are held on meeting software (Zoom) it's critical Client is not driving during our meetings, and is in a distraction-free environment with a good Internet connection. The Coach will schedule all subsequent meetings on Zoom and will send invitations prior to the designated meeting time.

3) Confidentiality

This coaching relationship, as well as all information (documented or verbal) that the Client shares with the Coach as part of this relationship, is bound by the principles of confidentiality set forth in the LCS Code of Ethics. However, please be aware that the Coach-Client relationship is not considered a legally confidential relationship (like the medical and legal professions) and thus communications are not subject to the protection of any legally recognized privilege. The Coach agrees not to disclose any information pertaining to the Client without the Client's written consent. The Coach will not disclose the Client's name as a reference without the Client's consent. Confidential Information does not include information that: (a) was in the Coach's possession prior to its being furnished by the Client; (b) is generally known to the public or in the Client's industry; (c) is obtained by the Coach from a third party, without breach of any obligation to the Client; (d) is independently developed by the Coach without use of or reference to the Client's confidential information; or (e) the Coach is required by statute, lawfully issued subpoena, or by court order to disclose; (f) is disclosed to the Coach and as a result of such disclosure the Coach reasonably believes there to be an imminent or likely risk of danger or harm to the Client or others; and (g) involves illegal activity.

4) Cancellation Policy

It is the Client's responsibility to notify the Coach 24 hours in advance of a need to cancel or re-schedule a session. Sessions purchased cannot be lost in the event of a cancellation, unless canceled sessions exceed 8 weeks beyond the original scheduled date(s).

5) Limited Liability

In no event shall the Coach be liable to the Client for any indirect, consequential or special damages.