

Pro Bono COVID-19 Coaching Agreement

Welcome! I am delighted to be your coach as you begin your journey towards your best self. Please become familiar with the below information which we will discuss at our introductory session.

I. OVERVIEW

Empowerment Coaching (“EC”), a form of Health and Wellness Coaching, is a holistic approach to lasting lifestyle change through the partnership with a supporting individual who puts the clients stated goals at the forefront. EC allows one to change old habits while adopting a healthier mindset.

EC is **not** therapy nor is it directive in nature. Client will determine the goals and objectives and the coach will guide the client to finding their own solutions that are consistent with their values. Coaching is not a perfect science and several mistakes will be made along the way. It is important that both the coach and the client see these mistakes as opportunities for revision and refinement along the journey.

How many times have you been told what you need to do but find yourself asking, “Ok, but how?” What may have worked for someone else just does not seem to work for you. That is where coaching comes in. Coaching allows you to figure out the “how” taking into consideration your personal values, challenges, resources and supports. Coaching sets the environment for you to figure out how to affect a desired and lasting impact in your life.

As your coach, I will be your accountability partner and motivator. I will help you to develop your goals and will guide you to determining how to meet them. I will provide resources and suggestions when needed but I will not direct your actions. I will listen to you attentively and without judgment and I will ask questions that encourage you to be introspective. I will help you to be realistic in your goal setting to avoid over-reach or under-reach in your expectations. As a physician I may have information that may benefit you on your journey which I will only share if asked and if I think that input would be appropriate. I will be accessible to you for our scheduled sessions and as needed via email and text message between sessions.

Client Expectations. As a client I hope you will be authentic and real with yourself and with your coach. Take time to be introspective and do so without personal judgment. I hope you will share what is comfortable initially and as trust develops allow yourself to be uncomfortable. I expect a commitment to yourself first and to me second. Please be punctual and honest with me about the process and how I can best assist you in this journey.

II. COACHING REQUIREMENTS

As a client participant in the pro bono coaching program in support of Covid-19, you are asked to commit to two (2) sessions held within a 30-day period. Sessions will be 30 minutes in duration and can occur during the designated times established Monday through Friday from May 1, 2020 through May 31, 2020. The sessions will be conducted via telephone or video teleconference and no face to face sessions will be scheduled due to social distancing required by Virginia State Governor guidance. All sessions will be scheduled in advance and it is requested that at least twenty-four (24) hours' notice be given for all schedule changes or cancellations. Cancellation notice via text message is preferred. All sessions conducted as part of the Pro Bono Covid-19 Coaching Program are at no cost to the client.

Confidentiality. Coaching sessions will be considered confidential and no part of the session will be shared with anyone without the expressed prior consent of the client. Session content will not be documented in anyway (i.e. audio recorded or documented via electronic record system or written documentation). All client information will be held in strict confidentiality.

Permission to Use Client's Name & Contact Information. Coach intends to seek credentialed certification from ICF (International Coaching Federation) and/or the NBHWC (National Board for Health and Wellness Coaches). As such, Coach would be required to provide Client contact information, a log of hours met, and a broad summary of coaching topics (for example: "stress management"). Coach request's permission to submit your information for this purpose. No detailed content from our coaching sessions will be shared in this reporting.

Disclaimer. Client understands and agrees that coaching is not therapy, psychological counseling, or social work, even though the coaching work may address personal issues or life conditions that impact on professional effectiveness. Client further understands and agrees that coaching conversations do not constitute medical, legal, financial or business advice. In the event Client desires any of the aforementioned services, it is Client's responsibility to seek a licensed professional other than the Coach.

Hold Harmless. Client agrees to hold Coach harmless and keep them exonerated from any liability occasioned or claimed in connection with the pro bono coaching provided under this Agreement.

This Pro Bono Covid-19 Coaching Agreement is made on [] by and between Joni J. Johnson, MD ("Coach") and [] ("Client"). The coaching program will begin on [].



I [Insert Client Name] have read the above Pro Bono Covid-19 Coaching Agreement. I understand and agree to comply with the terms as described above.

CLIENT SIGNATURE: _____

COACH SIGNATURE: _____

DATE: _____