



FIERCELY OPTIMISTIC, INC.

AGREEMENT

Fiercely Optimistic, Inc.

fiercelyoptimistic.com

347.268.0946

alisha@fiercelyoptimistic.com



Enclosed:



- New Coaching Client Welcome & Agreement - **Sign**
- Client Information - **Fill out form**
- Statement of Intent - **Sign**
- Confidentiality Agreement - **Keep for your records**

WELCOME TO THE GOOD LIFE!

You have the ability to create a life to love and become fiercely optimistic. Let's get started on this remarkable journey today! Please begin by filling out the following form in the New Coaching Client Packet and e-mail them to alisha@fiercelyoptimistic.com at least 24-hours prior to our first coaching session.

Each new client to my practice is a conscious addition! We have had our introductory call with each other and have determined that we are optimistic and enthusiastic about what we can accomplish together. It is of the most importance that we both bring our, "best selves," to the coaching relationship. This means that we are free from distractions and fully present, honest and open with one another.

BASIC SHARED AGREEMENTS

I recommend a total of 5 sessions to establish the required commitment for coaching. It is difficult work to change habits of thoughts and behavior in a shorter amount of time. This 5 session time period ensures that you are committed to making a concentrated effort and understand that it takes time.

Coaching Packages or Individual Sessions will need to be paid prior to the first session. Payment must be received in order to begin our coaching relationship. Coaching sessions are non-transferable.

Each session is 50-minutes long and takes place via phone call unless other wise agreed upon in our initial complementary phone consultation This will be decided prior to the first session. I will bring myself to the coaching sessions free from distractions and, respectfully, request that you do the same. A coaching session in a public venue with distractions and background noise is not efficient.

We agree that we will each show up at the mutually scheduled time for our coaching session. **If you need to reschedule, you will do so with a minimum of 48 hours notice or you forfeit your session.** I certainly understand that emergencies arise and will accommodate those on a case-by-case basis.

Should you “no show” (miss a session without notification or rescheduling) for 2 appointments during our coaching relationship, we will evaluate whether coaching is appropriate for you right now.

If you've purchased a package and find yourself unable to use your sessions for any reason, you may put the remaining session on a 3 month hold. Session credits will not be carried out further than 3 months. Coaching fees are non-refundable should you decide to quit the process as our complimentary introduction is designed to remove the possibility that we would not be a good fit for each other.

I welcome communication between our calls via e-mail (alisha@fiercelyoptimistic.com) or via text (347.268.0946). Please reach out if you hit a “sticky” spot that you would like some extra support. If you need an “emergency call,” I can usually accommodate within the same week, and I do not bill for calls that are 10 minutes or less.

BASIC SHARED AGREEMENTS

I welcome your input and questions along the way. Our relationship is a collaborative one, and the more you put into it, the more you will get out of it. Feel free to ask me questions, challenge my point of view, bring resources to the table that you've found, tell me when I'm wrong and share with me your insights along the way. You are your own best expert even if you don't know it yet (you will shortly!).

I HAVE READ AND AGREE TO THE BASIC SHARED AGREEMENT AND WILL HONOR THEM DURING OUR COACHING RELATIONSHIP.

NAME: _____

SIGNATURE: _____

DATE: _____

CLIENT INFORMATION

I am incredibly excited to be embarking on this journey of self-exploration with you over the next coming months. It will be helpful to me for you to complete the following basic information:

PRINT NAME: _____

STREET ADDRESS: _____

TIME ZONE: _____

EMAIL ADDRESS: _____

PHONE NUMBER: _____

DATE OF BIRTH : _____

NAME OF EMPLOYER : _____

NAME OF SIGNIFICANT OTHER : _____

IN CASE OF EMERGENCY : _____

In a few sentences, please tell me the most important thing(s) I need to know about you right now:

STATEMENT OF INTENT

All coaching services delivered by Alisha Hawrylyszyn Frank utilize principles, methods and tools of the NYU certification program and are meant to challenge, uplift and support you psychologically. However, coaching is not psychotherapy.

Please read the following, initial each point & sign below should you agree to each statement and wish to proceed:

I understand that the coaching services I will be receiving from Alisha Hawrylyszyn Frank are not offered as a substitute for mental health care. I also understand that my coach, Alisha Hawrylyszyn Frank, is not acting as a psychotherapist and does not purport to offer mental health care.

INITIAL HERE _____

I understand that my coach will maintain the confidentiality of our communications only to the extent defined by the laws of the states in which each of us resides.

INITIAL HERE _____

I understand and agree that I am fully responsible for my well-being during my coaching sessions and, subsequently, including my choices and decisions.

INITIAL HERE _____

I understand that all comments and ideas offered by my coach are solely for the purpose of aiding me in achieving my defined goals. I have the ability to give my informed consent, and, hereby give such consent to my coach to assist me in achieving such goals.

INITIAL HERE _____

STATEMENT OF INTENT

I hereby release, waive, acquit and forever discharge Alisha Hawrylyszyn Frank and Fiercely Optimistic, Inc. their agents, successors, assigns, personal representatives, executors, heirs and employees (collectively "Fiercely Optimistic") from every claim, suit action, demand or right to compensation for damages I may claim to have or that I may have arising out of actions, omissions or commissions taken by myself or by Fiercely Optimistic, Inc. as a result of the advice given by Fiercely Optimistic or otherwise resulting from the coaching relationship contemplated hereunder. I further declare and represent that no promise, inducement or agreement not herein expressed has been made to me to enter into this release. The release made pursuant to this paragraph shall bind my heirs, executors, personal representatives, successors, assigns and agents.

I have read the statement above and I understand and agree with the point contained therein:

PRINT NAME: _____

SIGNATURE: _____

DATE: _____

CONFIDENTIALITY AGREEMENT

Your privacy will be respected. The conversations that we have within our coaching sessions are confidential and will be protected as such. Information will be shared outside of our session only with your written consent or in the event that a court judge demands it. However, the following are instances where I would be legally obligated to break our confidentiality agreement without your permission:

If it is assessed during our participation in coaching sessions that abuse or neglect of children, elders or any other persons is occurring.

If, in my presence, you threaten to kill or harm another individual, and I am convinced that you will act on this threat or that you may lose control of your actions.

If, at any time during the course of our sessions, I determine that you are a danger to yourself, I will inform you of that opinion and make every effort to keep you from endangering your life. In some cases, this may include notifying the police or other family members.

Alisha Hawrylyszyn Frank

Alisha Hawrylyszyn Frank
NYU Life Coach
Fiercely Optimistic, Inc.