



FIERCELY OPTIMISTIC, INC.

AGREEMENT

Fiercely Optimistic, Inc.

fiercelyoptimistic.com

347.268.0946

alisha@fiercelyoptimistic.com



Enclosed:



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

WELCOME TO THE GOOD LIFE!

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

Each new couple to my practice is a conscious addition! We have had our introductory call with one other and have determined that we are optimistic and enthusiastic about what we can accomplish together. It is of the most importance that we all 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 both committed to making a concentrated effort and understand that it takes time.

Sessions will need to be paid prior to the first session. Payment must be received in order to begin our coaching relationship. Relationship 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 both 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 either of 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 either of you right now.

I welcome communication between our calls via e-mail (alisha@fiercelyoptimistic.com) or via text (347.268.0946). Please reach out if either of you hit a “sticky” spot that needs some extra support. If either of 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 input and questions along the way. Our relationship is a collaborative one, and the more you both put into it, the more you two 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 both your own best experts in this relationship even if you don't know it yet (you will shortly!).

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

NAME: _____

SIGNATURE: _____

DATE: _____

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 and your relationship right now:

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IN CASE OF EMERGENCY : _____

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

STATEMENT OF INTENT

All relationship 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 and your relationship psychologically. However, coaching is not psychotherapy.

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

We understand that the relationship 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 _____ INITIAL HERE _____

We 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 _____ INITIAL HERE _____

We understand and agree that we are fully responsible for our own well-being during our coaching sessions and, subsequently, including our choices and decisions.

INITIAL HERE _____ INITIAL HERE _____

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

INITIAL HERE _____ INITIAL HERE _____

STATEMENT OF INTENT

We 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.

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

PRINT NAME: _____

SIGNATURE: _____

DATE: _____

PRINT NAME: _____

SIGNATURE: _____

DATE: _____

CONFIDENTIALITY AGREEMENT

Both of your privacies will be respected. The conversations that we have within our relationship coaching sessions are confidential and will be protected as such. Information will be shared outside of our session only with either of 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 either of your permissions:

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 or each other, I will inform you both 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.