

# Coaching agreement

This Agreement is made by and between Bart te Nijenhuis and Client full name ("Client") whereby Bart te Nijenhuis ("Coach") agrees to provide coaching services focused on nutrition, sleep, stress, recovery and movement.

The coach can be reached at [www.buildyourhabitswithbart.com](http://www.buildyourhabitswithbart.com) and through direct messaging on the ProCoach app which will be used for the coaching.

## Responsibilities

1. Coach agrees to maintain professional ethics and standards of behavior.
2. Client is responsible for creating and implementing his/her own physical, mental and emotional well-being, decisions, choices, actions and results. As such, the Client agrees that the Coach is not and will not be liable for any actions or inaction, or for any direct or indirect result of any services provided by the Coach.
3. Client understands coaching is not therapy and does not substitute for therapy if needed, and does not prevent, cure, or treat any physical, mental, or emotional disorder or medical disease.
4. Client understands that coaching is not to be used as a substitute for professional advice by legal, mental, medical or other qualified professionals and will seek independent professional guidance for such matters. If Client is currently under the care of another health professional(s), Coach will recommend that Client inform the other health care provider(s).

5. Client agrees to communicate honestly, be open to feedback and assistance, and create the time and energy to participate fully in the program.

## Services

This agreement, between Bart te Nijenhuis and the above-named Client, will begin on date signed and will continue for until the completion of the program on 31 May 2023 or until terminated by Client or Bart te Nijenhuis.

Coach will be available to Client by direct messaging in between scheduled meetings as defined by the Coach which will include weekly office hours and 4 one-on-one check ins throughout the coaching program.

## Cancellation, rescheduling, and no-show policy

I take our work together seriously, and spend time and energy preparing for our coaching sessions. Yet I understand that unexpected events may occur.

With this in mind, here is my policy on cancellation, rescheduling, and no-shows.

- If you must cancel your appointment, I respectfully request 48 hours notice.
- Missed appointments, or appointments cancelled without 48 hours notice, will be considered a as completed one-on-one check in.

Please be on time for your appointment. More than 15 minutes late will also be considered a missed appointment.

## Schedule and fees

Client agrees to pay Bart te Nijenhuis €999 payable in advance or €99 payable per month in advance. Missing a monthly payment will result in termination of the coaching relationship.

By signing this agreement on [date], I, the above-named client, hereby acknowledge that I agree and understand all the terms and conditions of this agreement.

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Client signature

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Client full name (please print)

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Date