



## Jean Vovos Life Coaching

For first time clients, I offer a free 30 minute meet and greet session. It's a great way to get to know each other and for you to find out if my practice is right for you!

### **PHONE SESSIONS or FACE TO FACE**

Each coaching session will be 60 minutes in length. Sessions can be purchased individually or in packages at a discount.

- **Packages:** 6 sessions for \$500. The date and time will be established prior to the first session. Our sessions will be on the same day of the week at the same time, unless otherwise specified. Should you need to reschedule, please contact me at least 24 hours prior to your session.
- **Individual:** Each session is \$100 and will be 60 minutes in length. The date and time will be established prior to each session. Sessions are based on availability. Should you need to reschedule, please contact me at least 24 hours prior to your session.

You will also receive pre-work, summary or follow-up emails, homework exercises and/or assigned reading. The more you put into doing this work, the more feedback you'll get and the faster you'll get where you want to be!

Please feel free to email me as much as you want! You can send me journal entries, thoughts you've had throughout the day, or whatever you feel might be relevant to this work. I'll do my best to reply via email. If I'm unable, I will definitely discuss at our next session.

Please be sure to let me know if you don't agree with something I say. **YOU** are the expert on you. I am just the facilitator. You are in control of your life and how you live it.

### **PAYMENT**

**Packages:** Total cost for six sessions is \$500 which is due 30 days after first session.

Individual: \$100 is due within 5 days after the session.

### **CONFIDENTIALITY**

You have my commitment that I will keep all contacts, information and records confidential. I may share some of our sessions in my coaching forum but all identifying information will be kept completely anonymous.

### **YOUR RESPONSIBILITY:**

1. I understand that Coaching is not advice-giving, psychotherapy or counseling. I agree to seek these or other professional services, if needed
2. I am fully responsible for the decisions and actions I take in regards to my life and affairs
3. I agree to be mindful of my own well being during the course of this coaching process.
4. I shall in no way hold the coach liable or responsible for any actions I take during or after this coaching relationship.
5. I understand that Jean Vovos makes no guarantees or warranties, expressed or implied, about any results to be achieved.
6. By signing below, I acknowledge that I have had the opportunity to review this agreement, that I understand all aspects within it, and I agree to abide by it.

**Client Signature**\_\_\_\_\_

*Looking forward to helping you get there!*

**CLIENT INFORMATION:**

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Married/Single/Divorced

Children: \_\_\_\_\_

\_\_\_\_\_

Area of least satisfaction in your life:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What you would like to get out of this coaching experience:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_