

HeartSkills™

Facilitated Personal Growth Studies

HeartSkills Coaching Agreement

HeartSkills Coaching is not professional counseling. The owner/operator of HeartSkills FPGS is not a licensed professional counselor, therefore is not qualified to diagnose and/or treat psychological disorders or other forms of mental illness. If such is the case, client will be referred for counseling and/or medical treatment to the appropriate professional.

Elements of 'counsel' and/or teaching do take place in a coaching session. However, coaching most often involves drawing from the client their own goals and then offering guidance, encouragement, and accountability to stay on track to successfully achieve those goals. Goals can be relational, professional, spiritual, emotional, financial, organizational, etc. HeartSkills Coaching (and HeartSkills Facilitated Personal Growth Studies) focuses primarily on helping clients acquire and develop "the skills of the heart", i.e., biblically-based tools for healthy relationships, emotional self-management, communication, boundaries, and conflict resolution, as well as coaching toward career or other goals.

Confidentiality

People grow best in an atmosphere of safety, love and acceptance. What is shared between client and coach in a coaching session is kept in strict confidentiality. *Note: Though the owner/operator of HeartSkills FPGS is not a mandated reporter, requirements for mandated reporting will be adhered to as a personal and professional ethical standard. Therefore, if client(s) disclose(s) abuse or threat of self-harm, information will be disclosed to the appropriate agency and/or authority(ies).*

Appointments and Compensation

HeartSkills Coaching for the period of:

- 12 session
- 8 sessions
- 4 sessions
- 1 session
- Other _____

Appointments will take place _____ at _____ am/pm, for one hour*. *HeartSkills Equine-Assisted Coaching (aka "EAC") sessions are **one hour ~ OR ~ one and a half hours**, depending on the EAC program specifics. If client(s) must cancel, please communicate at least 24 hours in advance; however, it is understandable that sometimes emergencies arise. If that is the case, please try to communicate as soon as possible and we will attempt to reschedule for another time that week. If an appointment is missed without communication and an attempt to reschedule, client(s) will be charged for the missed session.

This HeartSkills Coaching agreement will commence _____ through _____ for a total of (_____) sessions. Additional coaching support via weekly text and emails (within reason) is included. The coaching fee is \$50 per session (Equine-Assisted HeartSkills Coaching is \$65/session), payable weekly or in advance (opt: monthly or in advance for the span of the contract). Prompt payment is expected at the beginning or end of each session except by special arrangement.

Client Name(s)

Date

Julie Elliott-Eickenroth / HeartSkills FPGS

Date