

Health Coaching Agreement

Welcome to Curious about Health!

I'm delighted that you're interested in working with me. I'm really looking forward to getting to know you and finding out what being healthy would look like to you. Before you commit, I'd really like you to read through the following coaching agreement and take this opportunity to ask any questions you have about the coaching process and what you can expect from it.

The purpose of this agreement is to establish how we're going to work together towards your vision of health. I say *your* vision of health because this is a bespoke process geared entirely towards *your* goals and aspirations.

It would be easy for me to give you a step-by-step guide on 'How to Be Healthy' but being healthy means different things to different people so recognising you as an individual is at the heart of the coaching process. For health coaching to be effective, we need to be sure that every change you try is aligned with who you are and how you want to live your life. This means ensuring that all action steps are compatible with your values, your priorities, your commitments, and your interests. I want you to feel confident, motivated and excited about each new step you take towards better health and if it doesn't feel right we need to look at other options.

To do this we'll need to collaborate as a team. I'll be asking you some potentially challenging questions to help me understand what it is to be you, live your life and have your dreams and I need you to feel confident that you can answer openly and honestly. I am committed to creating a space where you feel safe to share openly and honestly with me. I lead a very healthful life but I am human and not immune to the struggles of modern life. I have days when I eat chocolate, scroll mindlessly on my phone, feel low and get angry and shout at my kids but I try to be compassionate, forgiving and accepting of myself as I always will be of you. I promise there will be **no shame, no blame** and **no judgement** in our coaching relationship - just curiosity to help you make sense of your health and take steps towards feeling well.

During our time working together I will take a stand for your vision of health and if you wish, hold you to account in taking steps towards achieving it. Throughout our sessions I will endeavour to remove all distractions and remain focused on your agenda and I recommend that you too schedule sessions at a time when you can relinquish your responsibilities, remove distractions and be entirely focused on yourself and your needs. If you can really *own* that is **all about you** and that you need this time to nourish yourself you'll be well on your way to better health.

This all sounds serious but that's because unfortunately making change is not a walk in the park (sorry!). A Duke university study showed that unconscious habits form 45% of our total behaviour so creating change involves bringing more awareness and mindfulness to our everyday lives and that requires commitment. And that is not to mention the fact that a lot of healthy behavioural changes go against our natural instincts, like to exercise more

or eat less. I don't think however that there is a wiser investment than to invest your time and energy in your health so I've created this agreement to help hold us both to account in committing to the coaching process, making a stand for your vision of what it is to be healthy and remaining focused on taking one small achievable step at a time.

Disclaimer of Health Coaching as a Medical Service

Health Coaching focuses on behaviour change. We will work towards identifying and establishing habits that will create the most solid foundation of health and resilience for you. Together, we will identify what support and resources you'll need to strengthen these habits and embed them in your life. I can not however guarantee you will obtain particular results. As a health coach I will not be providing healthcare, medical or dietitian services and I will not diagnose, treat or cure any disease, condition or physical or mental ailment. I am a Chartered Physiotherapist but as your Health Coach I will not be acting in the capacity of a doctor or any other therapist (including Physiotherapist) and I will not be providing any physiotherapy or physiotherapy related services during the coaching program.

If you chose to work with me after consideration of this information you understand that the information you receive is not medical or nursing advice. I encourage you to continue to visit and be treated by your existing doctors, specialists and healthcare professionals throughout our coaching program.

If you have any questions about the above agreement or you have read through it and want to modify it in any way please don't hesitate to contact me.

If you have read through the agreement are happy to proceed with health coaching please sign and date below and return by email before our first session. See you there!

Printed Name

Signature

Date