

ARUP HEALTH & WELLNESS COACHING AGREEMENT

The purpose of this agreement is to:

- Cultivate the necessary motivations for the client's personal health and wellness goals
- Support the creation of a plan to achieve those goals through motivating interactions
- Provide productive feedback, novel strategies, and consistent accountability
- Maximize the client's holistic potential

Coach-Client Responsibilities and Expectations

A coaching relationship can only be successful if each party upholds their obligations.

- A. Client agrees to communicate honestly, be open to feedback and suggestions, and to fully engage and commit themselves to the coaching process.
- B. Client acknowledges and agrees that coaching is a comprehensive process that may explore different areas of their life, including exercise, nutrition, sleep, stress, mental health, work, family, relationships, and finances, but it is ultimately the client's decision how they incorporate coaching into each aspect of their life.
- C. Client agrees to honor their scheduled appointment times and respect the schedule of the coach as they do their own. If an appointment needs to be rescheduled, the client will give a minimum of 24 hours' notice, barring extraordinary circumstances. Communication regarding rescheduled or missed appointments is paramount in maintaining a healthy coaching relationship, and more than two "no-shows" may result in the coach ending the coaching relationship.
- D. Coach agrees to commit 100% of their focus during the coaching session to the client, working to create a motivating and directed environment to support the identification and development of goals.
- E. Coach agrees to communicate respectfully, bring compassion and understanding to the client's situation, and offer appropriate challenges to client perspectives/beliefs surrounding their health and wellness.
- F. Coach agrees to stay within their scope of practice and will refer issues relating to psychological distress/disorders to the appropriate professionals as needed.

Confidentiality

This coaching relationship, as well as all information that the client shares with the coach as part of this relationship, is bound by the principles of confidentiality via HIPAA. Appointment notes from each session will be entered and saved in the electronic health information system, EPIC, and will be accessible to the client via MyChart.

Coaching Goals

Utilizing the wellness wheel below for guidance, the client wishes to achieve the following goals and/or maximize the following areas of their life:

- _____
- _____
- _____
- _____
- _____

