



**gina**  
SENARIGHI

MA, MFT, CPC  
EDUCATOR | COACH | CONSULTANT

## Commitment

**Everyone wants change, but not everyone is willing to change. Your willingness is the foundation of this work.**

Coaching is a process that facilitates personal, professional and spiritual development. The Client and Coach (Gina Senarighi) agree that the coaching relationship will be co-created. Though this relationship will be friendly, warm and trustworthy it will remain strictly a professional. Working relationship

Coaching is for individuals who are emotionally and psychologically healthy and who want to make changes and move forward in their lives. Coaching is not a substitute for medical or legal advice, or psychotherapy.

By entering this relationship, the Coach and Client acknowledge that the Client wants to make significant progress to grow.

We acknowledge progress and change happen at rates that are unique to each individual. In order for real change to occur the Client must be prepared to take action toward building a successful practice outside of sessions in addition to attending sessions.

A minimum of one hour per week for three months is recommended to make progress toward your goals.

## Confidentiality

**The coaching relationship is built on trust. Your story will be held with utmost respect and care.**

All information exchanged in session will be held in strict confidentiality. However, confidentiality may be broken if harm to any individual is reported during the coaching sessions.

Please note that no online or technology-based communication is completely confidential. This includes Skype, google hangouts, email, text messages, and social media. If there is something you would like to share with complete confidentiality please let me know during the session.

You may give written permission for your coach to speak to medical providers (including therapists). Coaching is not covered under HIPPA and therefore your medical provider may need you to sign documentation in order to speak to your coach.

As your coach and/or sexuality counselor I follow the professional ethics codes of both the [American Association of Sexuality Educators, Counselors and Therapists \(AASECT\)](#) and the [International Coaching Federation \(ICF\)](#).

## Scheduling

**I respect your time and our shared time invested in this work.**

Coaching sessions are typically conducted by telephone unless otherwise arranged with the Coach. I will not participate in a coaching session with you while you are driving, so please plan accordingly for our time together.

If you are outside the U.S. Skype sessions are available. Please secure a distraction-free space with consistent internet access before the time of our call. Phone sessions can be used as a back-up to Skype in cases of technological malfunction.

At the scheduled appointment time, the Coach will send an email link to the Client. The Coach and client commit to start and finish each session on time. The Client commits to sending coaching homework for feedback a minimum of 24 hours before the coaching session.

*Late to Sessions:* If you are late to a session, the missed time will be counted as time spent. This is necessary in order for me to stay on time with all scheduled appointments for the day, we will still need to end at our regularly scheduled time. If you are more than 10 minutes late for a coaching session, the Coach will assume the session is cancelled and the client will forfeit the session fee.

**Client Initials:** \_\_\_\_\_



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*Rescheduling:* Rescheduling a coaching session is easily done with appropriate notice. Please allow for at least 48 hours notice to appointment changes.

*Cancellation:* If you need to cancel an appointment, please give at least 48 hours notice. If you're unable to provide at least 48 hours time when cancelling an appointment, fees for that missed session will still be your responsibility. In cases of inclement weather or unexpected travel we can meet via online chat or phone to replace our in-person meeting.

*Between Sessions:* Calls made between the scheduled sessions are based on availability. We agree to keep these calls to 15 minutes or less.

### **Fees & Payment**

**I believe in creating access to this work. If you would like to propose a payment plan please ask.**

Fees are payable in advance of the 1st meeting. Payments will be processed by credit card kept on file at the end of each business week.

Coaching Sessions – My fees are \$175 for the initial 75 minute session. Ongoing sessions are \$100/50 minute individual session and \$150 per 60-90-minute couples session.

Please enter the card information you would like to keep on file to pay for your services.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Cardholder Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Card Number:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**ZIP CODE:** \_\_\_\_\_ **Exp Date (MM/YY)** \_\_\_\_\_ / \_\_\_\_\_ **Security Number:** \_\_\_\_\_

### **Agreement & Informed Consent for Coaching**

I, (print name) \_\_\_\_\_, certify I do not suffer from any physical or mental disability that might affect my participation in the coaching process, and, if I have any substance abuse problems or mental illness, I am investing time and energy in a counseling process with a psychotherapist who supports my decision to begin coaching.

I understand that the services provided to me by Gina Senarighi are not to be construed as, or a replacement for, psychotherapy, legal counsel, or medical advice.

I understand that I'm responsible for my own decisions and results and agree not to hold Gina Senarighi or any company Gina Senarighi is affiliated with, liable for any outcomes resulting directly or in directly from the coaching process.

**I have read this document and have had the opportunity to ask questions about it. I understand my rights to privacy and the exceptions to my rights to privacy.**

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Printed Name:** \_\_\_\_\_ **Pronoun:** \_\_\_\_\_

**My three goals for our work are** \_\_\_\_\_

\_\_\_\_\_