



www.thelongevitydocs.com
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THE LONGEVITY DOCS CONTRACT

This agreement is made between _____ (the client or 'coachee') and _____ (the 'coach') for all the agreed coaching sessions.

The coaching relationship

Health Coaching is a constructive interaction intended to support the coachee (client) to make positive changes to their health-related behaviours and choices. It is not a medical or therapeutic intervention and does not replace your usual healthcare requirements or your responsibility to seek medical or psychological professional help where necessary. However by adopting a broader range of discussion together it can draw on all aspects of your life to enhance your power to make changes. The coach cannot guarantee a positive outcome but will endeavour to use a wide range of coaching techniques to tailor the approach to suit you best. However in the unlikely event of this not being successful, either the coachee or the coach is able to exit the coaching relationship without giving any reason, subject to appropriate notice being given.

Coachee's (Client's) responsibilities

To attend the sessions as agreed with functional technology to access it.

To complete the background work for the introductory questionnaire or preparation between sessions

To commit to the goals you have set yourself and pursue them with an open and reflective mindset, learning from any obstacles.

To comply with cancellation policy where refunds will only be available if you cancel with at least 48 hours' notice.

To attend your GP or other Healthcare Professional when it is usual to do so, or where you reveal information during a coaching session which obligates you to do so.

Coach's responsibilities

To attend the session as agreed with functional technology to access it.

To prepare for the session using introductory questionnaire or interim preparation where supplied by the coachee (client) at least 48 hrs before a session as requested.

To manage the coaching session to ensure progress and timekeeping.

To prepare the post session report as an aide-memoire for the client (coachee) and to facilitate their planning and goal attainment.

To maintain confidentiality subject to legal and safeguarding obligations

Number of sessions and fees

The coachee (client) and coach will meet for 40 minutes per session allowing an additional 5 minutes for technological access to be paid according to the pricing structure as agreed with the coach by email, via the website at least 48 hrs before the session date, otherwise the booking will be cancelled.

The coach will produce the post session report within 7 days of the session.

Rescheduling coaching sessions

Coaching sessions can be rescheduled by either the coachee (client) or the coach with 48 hours' notice or cancelled by the coachee (client) with 48hrs notice for full refund. However the coachee (client) will be liable for the full cost of the session if cancellation is within 48hrs of the booked time.

Contractual Statements

I understand that the coaching services I will be receiving from my Coach are not offered as a substitute for professional mental health care or medical care and are not intended to diagnose, treat or cure any mental health or medical conditions. I also understand that my Coach is not acting as a mental health counsellor, psychologist or a medical professional.

I understand that coaching is, at present, an unregulated industry and that my Coach is not licensed by any regulatory body. I also understand that for all legal purposes, the services provided by my Coach will be considered to be provided in the United Kingdom.

I understand and agree that I am fully responsible for my well-being during my coaching sessions, and subsequently, including my choices and decisions.

I understand that coaching is not a substitute for counselling, psychotherapy, psychoanalysis, mental health care or substance abuse treatment, and I will not use it in place of any form of therapy.

I understand that all comments and ideas offered by my Coach are solely for the purpose of aiding me in achieving my defined goals. I have the ability to give my informed consent, and hereby give such consent to my coach to assist me in achieving such goals.

I understand that to the extent our work together involves my health, my Coach is not promising specific outcomes.

I understand that my Coach will protect my information as confidential unless I state otherwise in writing. However if I report information which pertains to safeguarding of myself or anyone I mention, I understand that my Coach has a legal responsibility to breach my confidentiality and report that information to the relevant safeguarding professionals. Furthermore, if my Coach is ordered by a court to provide information or to testify, he will do so to the extent the law requires.

I understand that the use of technology is not always secure and I accept the risks of confidentiality in the use of email, text, phone, Whatsapp, Zoom and other technology resulting from the coaching relationship contemplated by this agreement.

Data Protection: The parties shall comply with all applicable data protection laws and regulations, including the GDPR, in connection with the processing of personal data under this contract. The Longevity Docs Ltd. shall take appropriate technical and organisational measures to ensure the security of the personal data and shall notify the data controller without undue delay if it becomes aware of a data breach. The parties shall cooperate in good faith to ensure compliance with their respective data protection obligations.

Coachee (client)

Signature:

Date: / /2023

Coach

Signature:

Date: / /2023