

Coaching agreement

Between (The Coach)

Nika Solomon, 14622 Ventura Blvd. #350, Sherman Oaks, CA 91403, Phone: 310-895-5398, email: info@sleep-method-coach.com

And (The Client)

Name: _____

Address: _____

Phone: _____ Email: _____

Agreement:

1. Length of coaching commitment: The Sleep Method coaching program is over a period of 3 consecutive days, with one coaching call or in person session a day at the agreed upon time, depending on the program you chose. The first call or session will be about 30 minutes, the second and third call or session might be shorter as needed. The in person sessions can be a combination of sessions and calls after the initial first session, as the client prefers. The client will report every morning per email or phone how the night went, how many hours they slept and how fast they were able to fall asleep and anything else the client deems important for the coach to know about his/her progress.

2. Our appointments will be by phone, unless you have chosen the in person coaching program, where the coach will then come to your location for the 3 sessions or a combination of in person sessions and calls, depending on the client's preference.

Please find a quiet place where you won't be distracted or disturbed and can focus on our conversation and practice the method being taught to you.

You'll call me at 310-895-5398 on the day and time scheduled.

If the coach did not hear from you 5 minutes after the appointment, she will attempt to call you at the phone number(s) you've provided. If either party must re-schedule, it will be done with as much notice as possible, keeping the integrity of 'one conversation a day'.

3. The client promises to be in general good health with no physical reasons being cause of his sleeping issue. The client will be open and honest, communicating any medical conditions that may exists, any medication he/she is taking as prescribed by a doctor.

4. The client agrees to not drink alcohol or coffee for 5 hours before the coaching call or session, and at least 8 hours before going to sleep. The client agrees not to take any recreational drugs or self-medicate with sleeping medication during the 3 days coaching program.

5. The client promises to be coachable; that is, is open to being coached by a coach, and that you will participate fully and apply the learned methods at the time he/she wants to sleep. You will communicate any questions or concerns you might have. The client must take responsibility for your progress and your results by your participation and by applying the learned methods with integrity as being taught to you.

6. Coaching is a confidential relationship. The coach will maintain complete confidentiality, within the limits of the law, unless you give the coach explicit permission to share particular issues with others.

7. The methods and teachings are for the client's own personal use only. The client promises not to divulge, teach or coach others, or try in any way to commercialize what he/she has learned, without the coach's expressed written consent.

8. The coach will be available for at least 30 minutes at the agreed upon time. The coach will be open and honest in her communications, listen to you and do her best to convey the method and make sure that you understand and can execute the methods by yourself.

9. Each of the people whose signatures appear below agrees that this agreement represents our mutual understanding of the coaching relationship.

Signature (person being coached)	Date
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Signature (coach)	Date
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