COACHING AGREEMENT & INFORMED CONSENT

A clear and caring beginning

This agreement is between David Snow / Snow Coaching ("Coach") and the individual identified below ("Client"). Please read it carefully before beginning coaching.

Client name:

Agreement date:

01 THE PURPOSE OF CHRISTIAN LIFE COACHING

Snow Coaching provides a supportive, prayerful partnership for men seeking greater clarity, growth, and purposeful action. Together, Coach and Client may explore goals, values, relationships, habits, decisions, and patterns of thinking or responding that affect daily life. Coaching invites reflection, spiritual discernment, personal responsibility, and practical next steps. The Client determines his priorities and remains responsible for his own choices and actions.

02 COACHING IS NOT COUNSELING OR THERAPY

The services offered under this agreement are life coaching. They are not psychotherapy, mental-health diagnosis or treatment, medical care, or crisis intervention. Coaching may consider how earlier experiences influence present patterns, but it does not replace professional counseling or other healthcare. If needs arise beyond the scope of coaching, the Coach may recommend an appropriately licensed professional and may pause or end coaching. The Client may seek counseling and coaching at the same time.

03 CHRISTIAN FOUNDATION AND FREEDOM OF CHOICE

Snow Coaching is grounded in Christian faith and the conviction that the condition of the heart matters (Proverbs 4:23). Scripture, prayer, and attention to the Holy Spirit may be invited into sessions. The Client may accept or decline any particular spiritual practice. The Coach will not present personal interpretations as unquestionable direction from God or pressure the Client to make decisions against his conscience.

04 OUR SHARED RESPONSIBILITIES

The Coach agrees to: listen attentively, ask thoughtful questions, communicate respectfully, honor appropriate boundaries, and help the Client clarify goals and action steps. The Client agrees to: participate honestly within his comfort, make his own decisions, take responsibility for agreed actions, and raise questions or concerns about the coaching relationship. Progress cannot be guaranteed.

05 CONFIDENTIALITY AND ITS LIMITS

Personal matters shared during coaching will be treated with care and discretion and will not be shared with a spouse, pastor, employer, or other person without the Client's permission, except as described here. Confidentiality is not absolute. Disclosure may be necessary when required by applicable law or valid legal process, when there is a serious threat of harm to the Client or someone else, or when other legal reporting duties apply. Coaching communications may not have the same legal privilege as communications with a licensed therapist or attorney. Where practical and lawful, the Coach will discuss a necessary disclosure with the Client first.

06 RECORDS, EMAIL, AND TECHNOLOGY

The Coach may retain basic contact information, completed forms, scheduling and billing records, and brief working notes for coaching administration. These will be handled with reasonable privacy safeguards and disclosed only as outlined above. The blank questionnaire available on the website does not publish a Client's completed answers. Completed forms should be returned by a method agreed with the Coach; ordinary email, video calls, and cloud services carry privacy risks and cannot be guaranteed completely secure. Please do not include unnecessary medical records, detailed trauma histories, or highly sensitive information in routine email.

07 SAFETY AND EMERGENCIES

Snow Coaching is not an emergency response service and does not provide around-the-clock monitoring. If the Client faces an immediate danger or urgent mental-health crisis, he should contact local emergency services, a crisis resource, or an appropriate healthcare professional rather than wait for a coaching reply. The Coach may recommend additional support when safety or clinical care requires it.

08 SESSIONS AND COMMUNICATION

A standard coaching session lasts 40 minutes unless both parties agree otherwise. Sessions may take place by video, telephone, or in person as arranged. Routine contact is by email at dsnowcoaching@gmail.com; the Coach may provide other contact details after the relationship is established. Between-session messaging is for scheduling and brief logistics, not unlimited coaching or urgent support. Each party will make a reasonable effort to meet privately and on time.

09 SCHEDULING, FEES, AND CANCELLATIONS

Fees, any ministry courtesy adjustment or no-fee arrangement, the expected schedule, and cancellation practices must be agreed to before paid services begin. A fee is owed only when it has been expressly agreed below or otherwise confirmed in writing. Payments are arranged directly with the Coach, ordinarily after each completed session unless the parties agree otherwise. No charge is imposed for a missed or canceled appointment unless a specific policy and amount have been agreed in advance.

10 VOLUNTARY PARTICIPATION AND ENDING COACHING

The Client may ask questions, decline an exercise, request a change in approach, or end coaching at any time. The Coach may also recommend a pause or end the relationship if the coaching needs cannot appropriately be met, boundaries are repeatedly not respected, or another form of support would be more suitable. Any fees already earned under the agreed terms remain payable; prepaid, unused sessions, if any, will be addressed according to the written terms of purchase.

11 BOUNDARIES, RECORDINGS, AND OUTCOMES

Neither party will record a session or share identifiable session content publicly without the other party's prior express consent. The Coach will not provide legal, financial, or medical advice under this agreement. The Client understands that coaching may involve challenging questions and uncomfortable reflection, and that outcomes depend on many factors beyond the Coach's control. Coaching is a partnership, not a promise of specific results.

SESSION TERMS — COMPLETE BEFORE COACHING BEGINS

These details are intentionally left open until both parties agree. Enter “0” for a no-fee arrangement.

Session format / location:

Expected frequency:

Fee per 40-minute session: $

Ministry courtesy discount: $

Amount client pays per session: $

Payment method / timing:

Cancellation / rescheduling notice:

Agreed late cancellation fee (if any): $

If no cancellation fee is entered, none applies. Changes to these terms should be confirmed in writing before taking effect.

12 UNDERSTANDING AND INFORMED CONSENT

By signing below, the Client confirms that he has read this agreement, has had an opportunity to ask questions, understands the nature and limits of coaching and confidentiality, and voluntarily agrees to participate under the terms recorded here. Both parties should keep a completed copy.

PLEASE CHECK EACH STATEMENT

- [ ] I understand that Snow Coaching offers Christian life coaching, not psychotherapy or medical treatment.
- [ ] I understand the confidentiality commitment, its limits, and the privacy risks of electronic communication.
- [ ] I understand the agreed session length, fee (including any no-fee arrangement), and cancellation terms.
- [ ] I know I may decline a spiritual practice, ask questions, or end coaching.
- [ ] I understand that I am responsible for my decisions and that no particular result is guaranteed.
- [ ] I have had an opportunity to ask questions and agree voluntarily to begin coaching.

SIGNATURES

Client full name:

Client email:

Client signature (typed or handwritten):

Date:

Coach: David Snow / Snow Coaching

Coach signature:

Date:

Type a signature if that is your chosen method of signing, or print and sign a copy. Both parties should retain a completed agreement.

Questions? dsnowcoaching@gmail.com | snowcoaching.com