

One on One Physical Therapy offers Health Coaching; educating, supporting and guiding clients to assume more personal responsibility for their health by adopting a healthy attitude, lifestyle and diet. Coaching is a thought-provoking and creative process that inspires the client to maximize personal potential. It is designed to facilitate the creation/development of personal health and wellness goals and to develop and carry out a strategy/plan for achieving those goals. Coaching utilizes strategic planning, values clarification, brainstorming, motivational interviewing, and other coaching techniques.

I protect the confidentiality of the communications with my coaching clients, as described by the International Coach Federation code of ethics. I will only release information about our work to others with your written permission, or if I am required to do so by a court order or similar state mandate.

It is impossible to fully protect the confidentiality of information which is transmitted electronically. This is particularly true of email and information stored on computers connected to the Internet and if you use a cell phone. I cannot fully protect confidentiality in cases of team or group coaching, in which members of the group may choose to reveal information without my knowledge or approval.

The Client is solely responsible for creating and implementing their own physical, mental and emotional wellbeing, decisions, choices, actions, and results arising out of or resulting from the coaching relationship and their coaching calls and interactions with the coach. As such, the client agrees that the Coach is not and will not be liable or responsible for any actions or inaction or for any direct or indirect result of any services provided by the Coach. The Client has been made aware that the coaching relationship is in no way counseling or therapy, it is the responsibility of the Client to seek a licensed professional. The Client also understands coaching does not prevent, cure or treat any mental illness.

The Coach and Client mutually recognize that they may discuss future plans, business affairs, customer lists, financial information, job information, goals, personal information, and other private information. The Coach will not voluntarily communicate the Client's information to a third party. In order to honor and protect the Coach's intellectual property, the Client likewise agrees not to disclose or communicate information about the Coach's practice, materials, or methods to any third parties.

Any controversy or claim arising out of or relating to this agreement, or the breach of this agreement, shall be settled by arbitration, which will occur via telephone by an arbitrator that we mutually agree upon. The costs of the arbitration shall be borne by the losing party.

I understand that Cherie Boschma is not a physician. The scope of her consultation services does not include diagnosis or treatment of specific illnesses or disorders. As such, One on One Physical Therapy will not be held liable for failure to diagnose or treat an illness, nor will it be liable for failure to prevent future illness.

It is understood, that I, [REDACTED], suspect I may have an ailment or illness that may require medical attention, then I will consult with a licensed physician without delay. Only a licensed physician can prescribe drugs. Any mention of drugs in the course of this consultation is solely for the purpose of providing a complete history of drugs that the client is taking and not for Cherie Boschma to judge the appropriateness of the medication. Any change in prescription or dosage is the decision I, [REDACTED], make with my physician.

While people generally experience greater health and wellness as a result of embracing a healthier attitude, lifestyle, and diet, Cherie Boschma does not promise or guarantee protection from future illness.

Your signature below indicates that you have read the information in this document “Coaching Agreement” and any attachments, and agree to abide by its terms during our professional Coaching relationship.

Printed Client Name

Client Signature

Date