



Precision Health Coaching (ABN: 50 771 305 329)

Dr Darren Webb (PhD)
Health and Wellness Coach

M: 0435 510 350

E: darren@precisionhealthcoaching.au

W: <https://precisionhealthcoaching.au>

Health and Wellness Coaching – Service Agreement

This **Service Agreement** outlines how the **Coach** will provide the **Client** with Health and Wellness Coaching Services according to the terms of this document.

About Coaching

Coaching is a professional relationship based on Positive Psychology which supports and empowers you to stretch and grow beyond what you can do on your own, to become the healthier person you wish to be.

The First Step – Your Health & Wellness Questionnaire

Your health and wellness questionnaire sets the scene for our first coaching session. It helps you define what is working right now and consider what you'd like to change going forward. The questionnaire helps you find your health and wellness priorities and formulate ideas for the direction you want to take.

About Our Sessions

In our sessions, I will support you to set realistic goals and maintain a steady course for success. If you start falling into old habits, that's normal! Your program will support and encourage you to work around this.

My Services and Responsibilities as Your Coach

- I will be punctual and responsive.
- My role is to help you improve your wellness, and the ability and self-confidence to maintain a higher level of wellness than you have right now.
- Through a coaching inquiry, I will encourage you to identify your wellness vision, motivators, obstacles, and strategies to overcome your obstacles, and commit to improving your wellness.
- I will listen to you attentively and without judgment or my own agenda.
- Where possible I will ask questions and encourage you to arrive at your own answers.
- I will encourage realistic expectations and goals.
- I will be direct and firm with feedback when needed.
- I will help identify creative solutions to get around roadblocks.
- I will provide information if requested to help you engineer wellness activities into your busy life.
- I will ask your permission before providing advice or direction.
- I will recognise early whether the chemistry with you is not optimal and refer you to another coach.
- I will acknowledge issues outside my scope of knowledge and skill and recommend other avenues.
- I understand that information discussed will be held as confidential.
- I will facilitate an agreement that makes clear the nature of the wellness coaching process.

Your Responsibilities as My Client

- I will be punctual and responsive.
- I want to improve my level of wellness.



- I believe that a higher level of wellness will bring me powerful benefits that are very important to me.
- I am ready to take responsibility to make and sustain changes in at least one area of wellness.
- I am ready to invest at least three months to make improvements.
- I will be open and honest, and I will share personal information that is relevant to wellness.
- I am ready to become more self-aware.
- I am open to suggestions and trying new things.
- I understand that setbacks are normal and necessary in order to establish new behaviours.
- I will ask for the support, feedback or resources I need.
- I understand that coaching is not to be used as a substitute for professional advice and will seek independent professional guidance for such matters.
- I will let my coach know as soon as possible if a problem is arising that could affect this agreement.

Terms of Service

- This agreement commences on the date listed above.
- By signing this contract, you agree that:
 - you undertake the Services at your own risk; and
 - that Precision Health Coaching and Darren Webb are not responsible or liable for any injury, loss or damage that may inadvertently occur to you as a result of undertaking these Services; and
 - that you will do your own research into these Services and determine their suitability for you, before you commence; and
 - that you allow Precision Health Coaching to access, collect, share and use data that you provide or that is collected in the provision of Services.
 - Full payment is requested following your appointment.
- Respectfully, no claims are made.
- Appointment times are by agreement.
- Cancellation: 24 hours’ notice is required. Please refer to our [Cancellation and Refund Policy](#).
- Privacy: we will take all due care with your personal information. Please refer to our [Privacy Policy](#).

I understand and agree to the terms of this Service Agreement in its entirety.

This Service Agreement is made the day of _____ 202__

BETWEEN Precision Health Coaching (PHC)
 Dr Darren Webb (PhD) – Health and Wellness Coach
(The Coach) AND
(The Client)

Title:	First name:		
Surname:			
Address:			Postcode:
Mobile:		Email:	
Signed:			

Please email signed form to: darren@precisionhealthcoaching.au

