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PERFORMANCE COACHING AGREEMENT

This agreement is between the Client (you) and Coach (Dr. Sarah Sarkis).

COACH

I agree to provide you, the Client, with services to facilitate the positive changes you seek, and to treat you with care, love, and respect. Coaching consists of regular conversations or meetings with you (consultation/session) on the terms and conditions set out below.

A consultation will typically be one hour in duration and, at times, may be supplemented with phone calls, texts, and emails.

As your Coach I promise the following:

1. To give you my undivided attention and professional assistance during consultations.
2. To commit to using my training and skills to assist you in achieving the positive changes you seek and in returning to your authentic self.
3. To help you improve whatever aspects of yourself you desire to transform/improve.
4. To help you create a plan for moving ahead.
5. To keep the information provided by you as confidential and private (unless required by law or if I determine that there is clear and imminent danger to you or others).
6. To make our professional relationship effective.
7. To support you as you navigate the path you have chosen for yourself.
8. To challenge any limiting beliefs that may be preventing you from achieving your goals.

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PERFORMANCE COACHING AGREEMENT CONT'D

CLIENT

As a client, I am willing to participate during and after my Coaching consultation. I understand and agree that I am fully responsible for my physical, mental, and emotional wellbeing during my Coaching (face to face/zoom/phone/text/email) including my choices and decisions.

I have read the Code of Conduct and understand the following:

1. I can choose to discontinue ongoing consultations at any time and I release my Coach from any liability whatsoever regarding my consultations. Any unused portion of my coaching fee will be returned to me on a pro rata basis.
2. I take full and total responsibility for any conclusions I draw, or responses I have, from my consultation and acknowledge that they are mine and mine alone.
3. A Coaching consultation is a professional-client relationship I have with my Coach that is designed to facilitate the positive changes I am seeking within myself.
4. My success depends on my own commitment to improving the situations that bring me here. Coaching is a comprehensive process that will require me to consider all areas of my life, including my values, perceptions/beliefs, work, finances, sleep, nutrition, movement, relationships, education, spirituality, and recreation. Transforming these areas and implementing actions is exclusively my responsibility.

PERFORMANCE COACHING AGREEMENT CONT'D

CLIENT CONT'D

5. I am responsible for my own health and wellbeing at all times and I will not expect any other person or group to assume that responsibility in any way. Anything my Coach may uncover is not a form of diagnosis or prescription for health problems of any kind. I understand that Coaching consultations can be very effective, and they do not take the place of appropriate medical care or psychological counseling.

6. If there is a need, I am responsible for seeking my own medical/psychological analysis, advice, or treatment

7. My information will be held as confidential unless I state otherwise, in writing, except as required by law.

8. It is my responsibility to complete any homework, actions, and commitments between consultations, carry out the action plans that I create, be on time for appointments, and making the Coaching relationship effective.

9. Coaching is a value-added investment and a commitment I make to myself to help me take responsibility for my life from this day forward.

10. The purpose of our interaction is to help me focus on and achieve my goals.

11. I agree to make payment according to the coaching package I choose prior to the first session.