

Sample Coaching Agreement

Sample Agreement

This is a sample agreement you can read before booking and not intended to be filled in, and/or signed. Before signing, we complete it with your details and your first service.

Coaching Agreement

This Agreement sets out how you and the coach will work together.

Your booking, payment, cancellation and applicable consumer rights are governed by the [UYA Coaching Terms & Conditions](#) accepted when you booked.

In short

- You only share what you want to share.
- What you share stays confidential, apart from the limited exceptions in section 3.
- You remain in charge of your choices and what you do with the coaching.
- Coaching is not therapy or medical care and does not replace them.
- After UYA Session One, you are under no obligation to continue.

Coach / provider

Coach: Eric Goutier

Service: UYA Coaching

Provider: Cordeal

KVK: 74385135

Annerstreek 18

9468AN Annen

The Netherlands

eric@useyouraddiction.com

Client

Name: [full name]

Address / country: [address / country]

Email: [email]

Phone: [phone]

Start date: [date]

First service: UYA Session One

Format: Online, unless otherwise agreed

This Agreement also applies to any further UYA Coaching services you and the coach agree to, unless otherwise agreed in writing.

1. What coaching is, and what it isn't

Coaching works best when you can speak freely and honestly. The coach treats what you share with care, discretion and respect. You never have to share more than you're ready to share.

In coaching, we explore recurring patterns around behaviour, relief, avoidance, control and self-regulation together. This includes patterns that have become compulsive or addictive. The work may touch on behaviour, emotions, relationships, work, identity, values, self-trust and life direction.

Knowledge and experience play a part, while much of the coaching emerges through the interaction itself. You stay in charge of what you explore and what you do with it.

Coaching is not medical care, psychotherapy, counselling, addiction treatment, diagnosis, detox support, crisis intervention or psychiatric care, and it does not replace any of these.

If you're already receiving treatment or other professional support, you remain responsible for coordinating this appropriately. If it appears that you may need support beyond what coaching can offer, the coach will discuss this with you and may recommend other professional help. Coaching may then be paused, not started or ended.

2. What we can expect from each other

From you: you take part openly and actively and arrive on time for sessions. You look after your own wellbeing and seek appropriate professional help where needed. If something changes that matters for the coaching, you let the coach know.

From the coach: a respectful and non-judgemental coaching environment, confidentiality, clear professional boundaries and respect for your autonomy, values and choices. If other support seems more suitable, the coach will tell you. The coach makes no exaggerated promises or guarantees. The coach does not make decisions for you. What you do with insights from coaching remains your choice and responsibility.

3. Confidentiality

What you share in coaching stays confidential. The coach will not share the content of your coaching with your partner, family, employer, doctor or another third party without your permission.

Confidentiality may be set aside where:

- disclosure is required by law or a court;
- there is an immediate or serious risk of harm to you or someone else;
- there are serious concerns about the safety of a child or vulnerable person; or
- you give permission to share specific information.

The coach may discuss anonymised or de-identified material in professional supervision or consultation where this supports the quality and integrity of the coaching.

Limited information may also be processed where necessary for administration, scheduling, payment, legal or accounting obligations.

Coaching confidentiality does not have the same legal status as professional privilege in medicine, law or psychotherapy.

4. Safety and urgent support

UYA Coaching does not provide emergency, crisis, detox, medical or psychiatric services.

If you are in immediate danger, experiencing a medical emergency, severe withdrawal symptoms, suicidal thoughts, thoughts of harming someone else, psychosis or another situation requiring urgent support, contact appropriate local emergency services or professional support immediately.

Contact between sessions, including WhatsApp or email where available, is not a crisis service and should not be used for emergencies.

5. Sessions and communication

Sessions take place online unless otherwise agreed. Sessions take place online unless otherwise agreed. We treat each other's time with care. If you are unable to attend a scheduled session, please let the coach know at least 48 hours in advance where possible. The same applies to the coach. The financial terms for cancellations and rescheduling are set out in the [UYA Coaching Terms & Conditions](#). You are responsible for attending on time and for having a private, safe and suitable environment for an online session.

Sessions are not recorded without prior consent from both you and the coach.

Where between-session contact forms part of the service you have booked, its scope and availability will be described in the relevant service information.

Further coaching after Session One is optional. Neither you nor UYA Coaching is obliged to continue if further coaching is not agreed or would no longer be appropriate.

6. Privacy and materials

UYA Coaching keeps personal information and coaching records to what is reasonably necessary to provide the coaching and operate responsibly.

This may include contact and scheduling information, preparation materials, correspondence and limited coaching notes. Notes are kept limited and unnecessary personal detail is avoided where reasonably possible.

Information is stored and handled in accordance with applicable privacy law and the [UYA Privacy Policy](#).

You may exercise your applicable rights regarding your personal data, including access, correction or deletion where legally appropriate.

Materials provided by UYA Coaching, including texts, exercises, frameworks and worksheets, remain the intellectual property of UYA Coaching. You're welcome to use them for your own reflection and coaching process. Publishing, selling, distributing, teaching or using them commercially requires written permission.

7. Professional boundaries and ending coaching

The coaching relationship is professional. The coach maintains appropriate boundaries and will not enter into romantic, sexual, exploitative or otherwise inappropriate relationships with you.

Either you or the coach may end the coaching relationship by giving written notice.

The coach may pause or end coaching if the support required falls outside the scope of coaching, there is a safety concern, professional boundaries are repeatedly crossed, or continuing would no longer be appropriate, responsible or meaningful.

Where appropriate, the coach will discuss this with you and may recommend other forms of support. Any financial consequences of ending a booked service are governed by the [UYA Coaching Terms & Conditions](#) and any applicable service-specific terms.

8. Responsibility and closing provisions

Coaching is a shared effort, not a promise of results. The coach works with care and professionalism but cannot guarantee any specific outcome.

You remain responsible for your own decisions, actions and choices.

The commercial terms of services you purchase, including booking, payment, cancellation and applicable statutory consumer rights, are governed by the UYA Coaching Terms & Conditions.

If any part of this Agreement is found to be invalid or unenforceable, the remainder continues to apply. Changes to this Agreement must be agreed in writing.

10. Signing of the agreement

By signing below, you confirm that you have read and understood this Coaching Agreement and agree to work within it.

Client name: [full name]

Signature:

Date:

Coach name: Eric Goutier

Signature:

Date: