

The Shift Inside Client Agreement

I want you to have the best experience possible in this relationship. As such, I have included information about our work together, and ask that you electronically sign and date this form to show that you have read this document and understand and agree to abide by the guidelines outlined within it.

The Nature of the Work:

Eating Psychology Coaching is a mixture of respectful inquiry, conversation, listening, teaching points, experimentation, exploration and well-chosen action steps. It's designed to help you reach your goals, to properly evaluate and re-adjust your goals when necessary, and help you have an empowered relationship with food and body.

The Role of the Coach:

The role of the Eating Psychology Coach is to assist with the improvement of eating challenges such as overeating, binge eating, body image, weight, chronic dieting, and nutrition-related health concerns such as digestion, fatigue, mood, cognition, immunity, and more. Coaching services are not to be construed as, or a replacement for psychotherapy, legal counsel, or medical advice. If either of us recognizes that you have an issue that would benefit from medical or psychotherapeutic intervention, I will do my best to refer you to the appropriate resources.

Responsibility:

Ultimately, the coaching relationship is about you, the client, taking full responsibility for your actions. You enter into coaching with the understanding that you are responsible for creating your own decisions and results. You agree not to hold the coach liable for any outcomes resulting directly or indirectly from the coaching process.

Honesty:

I will do my best to be honest and straightforward. If there is anything that is not satisfactory for you about our work together, please let me know immediately so that we can take steps to make corrections. I encourage you to honestly tell me what's going on for you. If I ever say or do something that upsets you or doesn't feel right, please bring it up. Honesty and trust are critical for successful work. I want this to be an open and safe place for you to come with confidence.

Cancellations and Rescheduling:

I understand that there are times when you will need to cancel and/or reschedule your appointment, and I will do my best to accommodate your needs. Any cancellation or re-scheduling must be done 24 hours prior to our appointment. If you cannot comply, your session will be "missed" and appropriately charged. If I have to cancel a session within 24 hours, it will be rescheduled at your convenience and you will receive an additional complementary session. If an appointment needs to be cancelled with less than 24 hrs notice, please do not email but instead text or call this number 00 44 778 62 855 92 - or if your coaching programme has a check in element, use that messaging platform.

Confidentiality:

All of our conversations and sessions are kept strictly confidential. I promise to protect the privacy of our work together. I may seek (in confidentiality) the advice of a mentor or another coach regarding my work with you, but your anonymity will be protected.

Check Ins:

Check ins are offered with some Shift Inside coaching programmes. I will check in using the agreed messaging platform every morning before 12 noon UK time, Monday to Friday, for the period specified for the programme. No check ins take place at the weekend. During holiday periods, all sessions and check ins are put on hold and advance notice will be given for this. In addition to holidays, I occasionally may be away in a place out of signal and will give you advance notice that I will not be able to check in with you. In such cases, extra check ins will be offered.

Where a client has not replied to check in messages for a certain length of time (to be determined by the coach), I reserve the right to stop checking in with the client. I will always discuss this with the client in sessions before taking such action.

If you postpone a session, this does not affect the period of time for which check ins are offered. Some programmes offer extra check in weeks on top of the number of sessions. The number of check in weeks is set at the start of the programme.

Technology:

If the internet connection is compromised during a session by Zoom, Skype or Facetime, the lost time will be added to the end of the session, or alternatively to the following session, at no extra charge to the client. If a session is unable to take place because of a compromised Internet connection, the session will be rearranged at no extra charge to the client. A complementary session may be offered at my discretion. Please note that Internet connectivity is much more stable with Zoom than Skype, and is very rarely compromised.

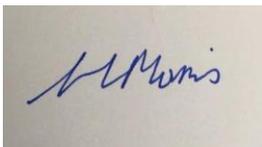
Payment Policy:

All sessions must be paid for in advance. Installments are available.

Insurance:

Coaching is not like the practice of medicine, psychotherapy, or other traditional modalities. For this reason, coaching is not covered by health insurance.

Both parties sign below to show that they have read and agree to this coaching agreement.



Harriet Morris

