

Personal Health Coaching Agreement

Wonderful Coaching

This agreement outlines the Personal Health Coaching Programme, the responsibilities of both parties, and the basis on which we work together.

1. Nature of Health Coaching

Health coaching is a collaborative process to help you explore health, lifestyle, food choices, and habits, and identify realistic opportunities for change. Coaching is educational and supportive and is not medical diagnosis or treatment. You remain responsible for your health decisions and should continue to seek medical advice from your GP or other professionals where needed.

2. Programme Overview

The programme includes: (1) pre-session preparation and review of your questionnaires; (2) one private 1:1 coaching session (approximately 60-75 minutes); (3) a personalised working plan created after the session; and (4) follow-up and implementation support as agreed.

3. Investment and What It Covers

Programme investment: £175

This fee covers preparation time, your private coaching session, post-session synthesis and development of your personalised working plan, and follow-up support related to the agreed focus. The fee reflects the full scope of professional work, including time spent outside the live session.

4. Client Responsibilities

You agree to provide honest information, attend on time, engage respectfully, and take responsibility for applying agreed actions in daily life. Meaningful progress depends on your engagement and follow-through.

5. Coach Responsibilities

I commit to preparing thoughtfully, providing a calm and professional coaching environment, offering guidance based on training and experience, and supporting realistic, sustainable approaches. I will not judge, pressure, or impose unrealistic changes.

The investment is financial. Progress comes from your commitment - supported properly.

6. Commitment and Engagement

This programme is most effective when there is shared commitment. If engagement is consistently low or agreed actions are repeatedly not attempted, we may pause and review whether this is the right time for coaching.

7. Cancellations and Rescheduling

A minimum of 48 hours' notice is required to cancel or reschedule. Sessions cancelled with less than 48 hours' notice may be forfeited. In exceptional circumstances, discretion may be applied.

8. Refunds

Due to the preparation time involved, the programme fee is non-refundable once preparation has begun.

9. Confidentiality

All personal information shared is treated as confidential and will not be disclosed without consent, except where required by law or if there is a serious risk of harm.

Agreement Details and Signatures

Client full name:	
Client email address:	
Programme purchased:	Personal Health Coaching Programme (£175)
Session date/time (if known):	
Date signed:	
Client signature:	
Coach signature (Kristen Davidson):	

Please return a signed copy by email, or complete the electronic signature option on the website if provided.