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## *Black Lotus Client-Coach Agreement*

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### **INTRODUCTION**

Welcome to Black Lotus Coaching.

As your coach, I want to congratulate you for investing in your personal well-being and professional effectiveness and in a new and transformative way. Our holistic approach to coaching covers the full spectrum of a successful life – health and wellness, personal and professional relationships, resource and wealth management, and purpose. We begin by helping you identify those goals that are most meaningful to you, and working from there, we branch out to bring about the most powerful version of you possible.

This coaching experience delivers an extremely high level of accountability, non-judgmental support, and an experience-based system to help you make empowered decisions and take bold actions toward achieving your health, life, and professional goals.

Each Black Lotus coaching session comprises private, one-on-one coaching that accelerates your results and focuses my expertise as a self-care and leadership development professional entirely on outcomes that are most meaningful to you.

Saying “yes” to this experience means showing up for yourself in entirely new ways – physically, mentally, and emotionally.

The key to achieving everything you want is asking for support and being open to new ways of approaching your physical health and new ways of caring for yourself. This program will challenge you to go outside your comfort zone to help establish your goals much faster than you might imagine possible.

To get the most out of your coaching experience, you agree to make the following commitments.

### **YOUR COMMITMENTS**

- Reading, signing, and returning this Agreement to me prior to your first session
- Attending all coaching sessions on time and refraining from multi-tasking during sessions
- Being authentic, honest, and speaking up for what you want
- Letting me know about any personal or professional situations that may interfere or conflict with your experience in the program
- Accepting the fact that is okay not to know all the answers
- Be willing to take risks, try new things, and stretch beyond your current experiences
- Being responsible for your own results, which includes proactively asking for support, scheduling coaching sessions, and using your program benefits

- Honoring this investment in yourself by handling situations that may distract you or detract from your experience
- Being patient with yourself and periodically resting to “catch up”
- Honoring our relationship by being direct, truthful, and open to enable us to go farther, faster, and more effectively
- Celebrating your wins, transitions, achievements, and excitement throughout the program

## MY COMMITMENTS TO YOU

- Believing in you and your ability to achieve your vision of success
- Sharing expert information, knowledge, hacks, strategies, and insights with you to enable you to move forward with your personal and professional goals much more quickly than you would on your own
- Allowing you to be 100-percent authentic, genuine, and completely you
- Holding you accountable to act from your highest self, even when you may not feel that way
- Demonstrating integrity and honesty at all times
- Holding high standards for both you and me
- Being understanding, compassionate, and patient as you progress, thereby ensuring you always have a safe place to express where you are
- Suggesting creative action steps, ideas, and inspiration without the need to have you “like” them. If you do not like, accept, or are not ready for an action step or any idea suggested, no problem. We will work together to create another way forward or you will be inspired to create your own
- Laser-coaching you to find solutions to challenges that may arise during the course of the program
- Coaching you to experience and demonstrate your highest self and to achieve your greatest potential
- Knowing that there are unlimited possibilities available to you, no matter what any situation looks like
- Sincerely caring about you and your success

## WHAT YOU WILL RECEIVE

- Coaching sessions that will remain completely confidential unless there is a risk of serious harm to you or others.

In these coaching sessions, whether virtual or face to face, I will share curated information and customized coaching exercises that are guaranteed to accelerate your results and help you achieve major breakthroughs so that you can experience transformation in your self-care, wellness, confidence, and leadership abilities.

- Email follow-up and emergency email support between sessions



At Black Lotus, we understand emergencies, discomfort, and self-doubt can crop up at any time. In turn, you have access to support via email ([mark@4blacklotus.com](mailto:mark@4blacklotus.com)) seven days a week, 365 days a year. You can expect a personal response from me within 48 hours or two business days.

- Customized materials created just for you, including checklists, handouts, recommended reading, and more

This program is not designed to bury you in *more information*. Rather, it provides *curated information*. You will receive relevant, practical, and actionable information that is tailored to you, your needs, and schedule. That way, we work together to ensure you avoid overwhelm and instead remain focused on action.

## SCHEDULING

Sessions are about 45 minutes long; please schedule 60 minutes in your calendar, however, in case sessions go over

To get the most out of your sessions, please arrive on time.

## CANCELLATION POLICY

You receive one “emergency reschedule,” in which means you can cancel a session within 48 hours and still reschedule the session.

Any other canceled sessions with less than 48-hours-notice will be forfeited.

## INVESTMENT AND REFUNDS

- The investment is \$xxx in full prior to the session.
- In the event of your absence or formal withdrawal, for any reason whatsoever, you will remain fully responsible for any fees and unpaid balance
- This refund policy exists for your benefit as well. Coaching is a powerful process and at times, you may feel like giving up or quitting because something is not working. The investment ensures you remain vested and committed to your development, especially during times of doubt.
- Feeling uncomfortable is often a sign that you are moving beyond longtime obstacles, comfortable habits that no longer serve you, and limiting beliefs. In turn, I ask that you address any and all concerns regarding assignments and coaching directly with me. That will enable me to be the best coach and mentor to you possible, and ensure the coaching relationship remains rooted in honesty, integrity, and authenticity.
- Working together, I am certain your needs will be met.





## **DISCLAIMER**

You (also referred to herein as “Client”) understand that the information received from me (also referred to herein as “Coach”) in connection with the Black Lotus coaching program or otherwise should not be considered medical, nursing, nutritional, or therapeutic advice. No part of this coaching experience is meant to take the place of seeing licensed health professionals, including your doctor, nutritionist, or therapist.

You understand and agree that (i) I am not providing health care, medical, nutrition, psychological, or emotional therapy services and will not diagnose, treat, or cure in any manner any disease, condition, or other physical or mental ailment; (ii) I am not acting in the capacity of a doctor, licensed dietician-nutritionist, massage therapist, psychologist, or other licensed or registered medical professional; and (iii) you have chosen to work with me and participate in the program voluntarily.

As your Coach, I encourage you to maintain a relationship with your primary care physician and any specialists you may be seeing. In the event you do not have a primary care physician or undergo routine physical examinations, I encourage you to do so. Do not discontinue or change any treatment plan that you may be on as a result of our sessions without discussing the change with your doctor.

## **RELEASE**

You acknowledge and take full responsibility for your life and well-being, as well as the lives and well-being of your family (where applicable), and all decisions made during and after the program. In furtherance and not in limitation of the foregoing, you hereby and forever waive, release, and discharge Black Lotus LLC, me personally, my heirs, executors, administrators, assigns, officers, agents, employees, representatives, executors, and all others acting on their behalf (the “Released Parties”) from any and all claims or liabilities for injuries or damages to your person and/or property or that of your family (where applicable), including those caused by negligent act or omission of any of those mentioned or others acting on their behalf, arising out of or connected with your participation in the program or in connection with services provided by me or the released parties.

## **LEGAL ITEMS**

This Agreement may not be modified without the prior written consent of Client and Coach. The waiver by either party of a breach, right, or obligation shall not constitute a waiver of any other or subsequent breach, right, or obligation. If any provision of this Agreement is found to be invalid or unenforceable for any reason, the remainder of this Agreement shall remain in full force and effect.

This Agreement sets forth the entire agreement between the parties and supersedes all prior proposals, agreements, and representations between the parties, whether written or oral,





regarding the subject matter herein. Neither party may assign this Agreement without the prior written consent of the other party. This Agreement shall be binding upon and shall benefit the parties and their respective successors and permitted assigns. Except as provided to the contrary herein, those provisions of the Agreement that by their nature and context are intended to survive the termination of this Agreement shall survive any termination of this Agreement. This Agreement shall be construed and interpreted in accordance with the laws of the Commonwealth of Virginia without reference to its conflict of law provisions, and with the same force and effect as if fully executed and performed therein. Each party hereby consents to the exclusive personal jurisdiction of the Virginia State and Federal Courts and acknowledges that venue is proper only in such courts.

If the terms of this Agreement are acceptable, please sign the acceptance below. By doing so, you acknowledge that: (1) you have received a copy of this letter agreement; (2) you have had an opportunity to discuss the contents with me and, if you desire, to have it reviewed by your attorney; and (3) you understand, accept, and agree to abide by the terms hereof.

IN WITNESS WHEREOF, Client and Coach agree to the terms and conditions set forth in and have duly executed this Client Commitment & Agreement effective as of the date of Client's signature as set forth below.

Coach: [Name] Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Client: [Name] Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**CONGRATULATIONS AND WELCOME TO BLACK LOTUS COACHING**

