

Fast Track Impact

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Group Coaching Contract

Terms of engagement & consent form between health coach and client for group coaching

Good nutrition, regular exercise, adequate rest, healthy sleep and building good relationships supports the body's natural defences and resistance to disease. By taking on this coaching programme as a member of the group, you agree to endeavour to prioritise the personal work, group work and group support that is agreed upon in the sessions by yourself and the group. Lifestyle change is a powerful tool to tackle symptoms of physical and mental health conditions. However, no claim can be made about the specific efficacy of any advice given, as everyone's health journey is unique.

The Health Coach

- As a Health Coach, my advice will be evidence-based and balanced, and all group coaching advice follows the latest lifestyle medicine research in any given topic.
- As a Health Coach I am not permitted to diagnose or claim to treat medical conditions. Rather, my role is to support healthy and sustainable change which can alleviate underlying chronic disease whilst achieving a more holistic sense of health and wellbeing.
- My advice as a Health Coach is not a substitute for professional medical advice and treatment. Health Coach advice works in conjunction with advice from other health professionals.
- As a health coach, I am partnering with you in your journey towards a more balanced sense of health and wellbeing. You as the client are in charge of this process, I am the vehicle to support your journey. Bearing this in mind, you are agreeing to be the take the lead in making lifestyle change and make a commitment to this process.

The group client

- You are responsible for contacting your medical doctor or specialist about any health concerns you may have which arise during or out with the coaching programme.
- If you are already under regular treatment plans prescribed by a medical professional, please advise them of the health coach programme you will be following. Also advise them of any other natural medicine therapist you are consulting.

- During group coaching, the information delivered in the education sessions and accompanying group discussion is generic and designed to be as relevant as possible to all individuals. It will not be necessary to disclose medical information to the group as part of these sessions unless you feel completely comfortable to do so. Remember your medical information is private and personal to you.
- If you have any adverse reactions or symptoms which arise from the tasks and goals which are agreed upon during the programme, please contact me at the earliest and talk to your medical professional.
- If you are unclear about any part of your plan, then you should contact me straight away for clarification.
- Please report any concerns about your programme to me, your health coach, for discussion on the email address below.
- The coaching process is led by you, to support and empower you to achieve greater health, wellness, and work-life balance. You should always feel that you can change goals and timeframes depending on the outcomes of applying new choices to your lifestyle as the process unfolds.
- Code of Conduct. As a member of a group for coaching:
 - It is important to commit to attending all arranged sessions.
 - It is important come to the sessions prepared and open to work together and support each other.
 - We will be exercising compassion and positive regard for all members.
 - We will allow each person space and time to be heard during the sessions with equal opportunity regardless of status within the group.
 - We will listen without judgement to others who may have differing views to our own.

Contact email: joyce@drjoycereedhealthcoach.com

I understand the above and agree that our professional relationship will be based on the above content of this document.

Signed Agreement:

Client:

Signature:

Date:

Health Coach: Joyce Reed

Signature:

Date:

