

Coaching Agreement

This agreement is entered into between

Kara Johnstad
Pasewaldtstr. 16
14169 Berlin, Germany

hereinafter the "Coach"

and

- (Client name)
- (Date of birth)
- (Full address)
- (Mobile phone)
- (Email)

herinafter the "Client"

Please read the Coaching Agreement and sign at the bottom of the page.

Each new client is a welcome addition to my coaching practice. To bring our “best selves” to the coaching relationship it is important that we share the same understanding about how we will work together.

This document constitutes a contract (the “AGREEMENT”) between you (“Client”), and me (“Coach”), Kara Johnstad. Please read it carefully and raise any questions and concerns that you have before submitting your agreement.

Services rendered under this contract are for personal coaching. Unless superseded by a more recent written agreement, this agreement applies to renewal of this specific service. Fees for coaching services must be paid in advance or unless an alternative arrangement is agreed to in writing.

The focus of coaching is development and implementation of strategies to reach client-identified goals of enhanced performance and personal satisfaction. Coaching may address specific personal projects, life balance, job performance and satisfaction, or general conditions in the client’s life, business, or profession. Vocal coaching topics include signature sound, voice analysis, mind sets, daily practice, studio album preparation, and career strategy. Personal coaching utilizes personal strategic planning, values clarification, brainstorming, motivational counseling, and other counseling techniques.

Coaching services delivered by Kara Johnstad also include theme based coaching that is offered in special Courses, Workshops and Programs, as announced from time to time.

We don’t believe in get-rich-quick programs – only in changing the world by adding value and serving others. All sessions, workshops, events and programs of Kara Johnstad are intended to help Client share her gifts and grow her business as a result of creating massive value for her clients. By law, we cannot and do not make any guarantees about Client's ability to get results or earn any money using the ideas, tools, strategies or recommendations contained in sessions, workshops, events and programs. Nothing on any of Kara Johnstad’s websites or in any of her content is a promise or

guarantee of results or future earnings, and Kara Johnstad does not offer any legal, medical, tax or other professional advice. Bottom line: you are a powerful creator and your results in your business and life are entirely up to you.

All coaching services delivered by Kara Johnstad are meant to develop and promote Client's skill set, as well as challenge, uplift, and support the client psychologically. However, it is not psychotherapy. Client understands that the life coaching services he or she will be receiving from Kara Johnstad are not offered as a substitute for mental health care and also understands that Kara Johnstad is not acting as a psychotherapist and does not purport to offer mental health care. If Client feels psychologically stressed to the point that it is interfering with his or her ability to function, Coach requests that Client seek the help he or she needs in the form of a professional therapist. Life coaching may augment therapy, but the work of coaching is intended to help when major emotional and psychological wounds are already healing or healed.

Client understands and agrees to be fully responsible for his or her well being during coaching sessions, and subsequently, including his or her choices and decisions. The client sets the agenda and the success of the enterprise depends on the client's willingness to take risks and try new approaches. The relationship is designed to be more direct and challenging. Client can rely on Coach to be honest and straightforward, asking powerful questions and using challenging techniques to move Client forward. Client is expected to evaluate progress and when coaching is not working as desired, agrees to immediately inform Coach so we can both take steps to correct the problem.

Client understands that coaching is a professional relationship and that all comments and ideas offered by Coach are solely for the purpose of aiding the client in achieving his or her defined goals. Client has the ability to give informed consent, and hereby give such consent to Coach to assist him or her in achieving such goals.

The services to be provided by Kara Johnstad are coaching as designed jointly with the client. Coach welcomes Client input and questions along the way. Our relationship is a collaborative one, and the more Client puts into it the more he or she will get out of it. Client agrees to ask questions, challenge points of view, bring resources to the table he or she has found, tell Coach where she's wrong, and share insights along the way.

Fees for coaching services must be paid in advance or unless an alternative arrangement is agreed to in writing. Client may purchase a single visit, prepaid 5 class pass, prepaid 10 class pass, or a recurring monthly plan for a minimum period of 3 months.

Class passes are to be used within 12 months. Appointment times and classes are limited in quantity and may not be available. Please, plan ahead and book in advance.

Monthly plans are automatically renewed for another 3 month term. You can cancel your pass and plan at any time in writing with a 30 days' notice to the end of the agreed term, for example an email can be sent to office@karajohnstad.com after making all required payments.

Coaching fees for services rendered are non-refundable. In special circumstances where the coaching relationship is terminated early, prepaid fees may be refunded on a prorated basis at the discretion of the Coach.

Coaching Sessions need to be cancelled or rescheduled 48 hours before your appointment time if you would like to schedule a make-up. Otherwise, Client will be charged for in full for Kara Johnstad's service. Make-up classes are given when possible and need to be scheduled within 4 weeks. Coach understands that emergencies do arise and will accommodate those on a case-by-case basis.

You can place your membership plan on hold any time in writing with a 30 days' notice, for example a membership hold notification can be emailed to office@karajohnstad.com after making all required payments. A paid in advance membership for less than 12 months does not have the option to be placed on hold. You can place your membership on hold for a minimum of 1 month (28 days) per hold period and a maximum of 2 months (56 days) for a 12 month period. You can place your membership on hold for any number of days (minimum of 28 and up to 56 days.)

In the case of online-coaching (via phone or internet), Client agrees to call Coach at the scheduled time at the online-account or number provided by Coach and agrees to be responsible for any long-distance charges which may apply. Coach may call client at client's request, at no further cost for the client.

If you selected the payment plan, your first payment will be taken on the day of enrollment, and your next payment will be charged in 30 days. Any outstanding payments are due, in full, within 30 days of the first declined payment. Email notifications of incomplete payments will be delivered, providing detailed steps to bring the account into balance. Once the account is brought current, no further declined payments are permitted. Should requests for payment receive no response or accounts remain overdue by the time of the next owed payment, or subsequent installments be declined, the entire account will be turned over to collections. Please know we do not implement this lightly. We take the client relationship to heart and know that payment and program commitment are closely connected. It reflects a transformation that begins upon saying yes to the enrollment. Investing and paying are part of the growth that our clients invest in.

Client hereby releases, waives, acquits, indemnifies and forever discharges Kara Johnstad, her agents, successors, assigns, personal representatives, executors, heirs and employees from any and all claims, demands, losses, causes of action, damage, law suits, judgments, including attorneys' fees and costs, or right to compensation for damages Client may claim to have arising out of or relating to actions, omissions, or commissions taken by Client as a result of the advice given by Kara Johnstad and/or her coaching services and products or otherwise resulting from the coaching relationship contemplated hereunder. Client further declares and represents that no promise, inducement or agreement not herein expressed has been made to Client to enter into this release. The release made pursuant to this paragraph shall bind Client's heirs, executors, personal representatives, successors, assigns, and agents.

I have read statements above and I understand and agree with the points contained therein.

Date and Place of signature

Signature

Name of signer