



# Ricki Heller

A healthy lifestyle can be sweet!

## RICKI HELLER COACHING AGREEMENT

*Thank you for signing up for coaching with me! This document includes all the information you need for us to get started. Please be sure to read through to the end.*

### **My Commitment to You:**

Once you commit to work with me, I fully commit to sharing my knowledge, information, techniques, strategies and any other means I know to help you reach your goals and have success on your special diet.

In addition, I commit to providing an empathetic sounding board and coaching support for your challenges and frustrations that may occur based on the dietary changes, while helping you to overcome those challenges in the most positive and practical ways possible.

I fully commit to being on time for our appointments, to reliably show up, and to provide consistent coaching for you. You'll receive my undivided attention on our calls. After our calls, you'll receive extensive notes and follow-up emails related to the topics we discussed.

Finally, I commit to continue supporting you by providing unlimited email support between our sessions, and until the end of the time period for which you've signed up (either 3 months or 6 months from our first 60-minute session together; **email support does not apply to single sessions**).

### **Your Commitment to Our Work Together:**

*In order to gain the most useful outcomes from our sessions, you also commit to the following:*

You commit to showing up and to be on time for our sessions. (If you need to change your time, please do so using the scheduler here: <https://rickiheller.com/marchapril2020> . **Note:** You may change your appointment up to 48 hours before the scheduled time. If you cancel an appointment with less than 48 hours' notice, you forfeit that appointment.

You commit to providing honest information about your situation, challenges, restricted diet, and health issues as they relate to your specific challenges right now;

You commit to follow through with any specific actions or exercises that we discuss during the sessions and to let me know if you are having difficulty doing so, so that I can best help you.

## REFUND POLICY

Because of the nature of this work, there are no refunds for coaching sessions. Sessions are not transferable to someone else. By purchasing a single one-on-one coaching session, you have made a commitment to work toward your improved mental and/or physical health. I promise to provide 100% of my abilities to help as much as I'm able; however, there are never any guarantees with coaching, as the outcome depends on both the coach and the client.

## SCHEDULING APPOINTMENTS

In order to make use of this special coaching offer, you must schedule your appointment before April 30, 2020. You can schedule or change appointments here: <https://rickiheller.com/marchapril2020>.

Appointment times can be changed with at least 48 hours' notice without penalty. If you change an appointment with less than 48 hours' notice, however, that appointment time is forfeited and won't be replaced. If you cancel an appointment with less than 48 hours' notice, that appointment is forfeited and won't be replaced.

## DISCLAIMER

As a special diet lifestyle coach, I am not a doctor, naturopath, registered dietician, psychotherapist, nutritionist, psychologist, or other licensed or registered professional. Our work together may provide information, strategies, techniques and tips related to your special diet but does not provide health care, medical or nutrition therapy services, or diagnose, treat or cure any disease, condition or other physical or mental ailment of the human body. Should you experience any such issues, you should see your registered physician or other health practitioner as determined by their own judgment.

You should also always discuss any dietary changes or the potential use of dietary supplements with your doctor, and should not discontinue any prescription medications without first consulting your doctor. You understand that the information provided in our session is NOT medical or nursing advice and is not meant to take the place of seeing licensed health professionals.

## SIGNATURES

By providing your electronic signature below, or a signature sent via email or facsimile, you agree that these signatures constitute valid acknowledgement of this agreement.

Date:

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**Client:** [please sign, or insert your electronic signature, on the line below]:

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**Special Diet Lifestyle Coach:**

Ricki Heller

*Ricki Heller* \_\_\_\_\_