

The Ouber Zone, LLC

Kerri Ouber LaRose

Client Data and Coaching Terms of Agreement

Please complete this agreement and review the terms.

Thank you!

CLIENT DATA:

Client Name:

Address:

City, State, Zip:

Cell Phone:

Text Y or N

Phone call Y or N

Email:

Children (Names, ages):

Partner's Name:

Birthday:

Occupation/Employer:

PROCEDURES:

- Call 985-507-1504 for our sessions.
- If you call in and get my voicemail, please call back after one full minute.
- Please do not leave a message and wait for me to call you back.

I understand that *Kerri Ouber LaRose* is not a licensed therapist and that I am responsible for all my decisions, actions, and feelings.

Client Signature/ Date

**By signing above, you are in full agreement with the policies and procedures listed in the policies and procedures document.*

The Ouber Zone

Kerri Ouber LaRose

Policies and Procedures

How We Will Work Together

Welcome to the power of marriage coaching - Rising up in your relationship! As it says in Joshua 1:9, "Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

Hi, I'm Kerri LaRose, and it's an honor to be your coach.

The relationship between a coach and client is *Co-Creative*, meaning that we are equals and both have an active role. I am not a therapist, counselor or consultant. I am a trained Coach using honed communication skills to support you as a detached thinking partner. Together we create more power for you to affect meaningful change and take dynamic actions toward your goals.

With God's presence and guidance, and our collaborative efforts, I know we can navigate any challenges and cultivate the trust, communication and confidence you desire in your relationship. Let's embark on this journey of unlocking new potential together, strengthened by the Lord's promises. I'm here to support you every step of the way. When we put our trust in Him, we can do all things. I look forward to working with you. Let's get started!

Client Data Profile

Signing the Client data profile implies your full agreement with the following statements:

1. I take full responsibility for all of my own decisions, feelings, actions, and outcomes.
2. By taking full-responsibility for my choices, I hold Kerri LaRose, The Ouber Zone, LLC, and all those associated with my coaching process, harmless from any outcomes, results, or repercussions of my choices.

The Ouber Zone

Kerri Ouber LaRose

Signing the Client data profile implies your full agreement with the Confidentiality policy:

1. Anything you share in a coaching session will be held in the strictest of confidence and not shared with anyone, with the following exceptions:
 - A. If release of such information is required by law (i.e. illegal activity, pursuant to valid court order or subpoena), I will comply with the law.
 - B. If there is imminent or likely risk of danger to yourself or to others, I will notify you by email that I intend to inform appropriate authorities (if that feels appropriate to the situation), then make that contact.

By signing the Client data profile implies your full agreement to the following Refund Policy:

1. After the coaching has begun, any unused sessions will not be refunded, but may be re-scheduled within 3 months after the most recent payment.
2. All unused sessions expire 3 months after the most recent payment.
3. Unused coaching sessions are transferable to another person, provided that person is ready and fully willing step into the coaching process.

Signing the Client data profile implies your full understanding of the following distinctions:

WHAT I DON'T DO AS YOUR COACH:

1. Diagnose or treat any aspect of your mental health
2. Solve your problems for you
3. Do your work for you
4. "Fix" you
5. Judge you
6. Give you "hard" advice (e.g. legal, financial, etc.)
7. Take responsibility for you or your actions

The Ouber Zone

Kerri Ouber LaRose

WHAT I DO AS YOUR COACH:

1. Listen openly and actively
2. Ask powerful questions that help you tap into your own wisdom
3. Reflect/mirror back to you
4. Offer different perspectives
5. Hold you accountable to what you tell me you want
6. Trust you to make your own decisions
7. Show up with your best interests at heart
8. Advocate for your highest intentions
9. Tell the truth about what I see in you, or in your situation
10. Believe in you and your highest good
11. Respect and adhere to the International Coach Federation's Code of Ethics (<https://coachfederation.org/code-of-ethics>)

WHAT I ASK OF YOU AS MY CLIENT:

1. Please arrive to every session on time.
2. Come to your session centered and ready to engage.
3. Give me feedback in the moment about your coaching experience -- what works, as well as what does not.
4. Tell me the truth and be honest with yourself.
5. Be willing to stretch yourself by approaching challenges as opportunities for growth and any other way that presents itself.
6. Be open to new ideas and perspectives.
7. HAVE FUN AND ENJOY THE PROCESS!

EXTRA TIME

You may call me between our calls if you have a problem or can't wait to share an 'AHA!' with me. I generally have a little time between sessions to talk with you, if needed. I do not charge extra for this time, and I ask that you keep these calls relatively brief (5-10 minutes). Please feel free to email or text me at any time with questions or comments, too. I check my mail and text every weekday. I do get quite a lot of emails, so I also ask that you keep your emails brief and to the point.

The Ouber Zone

Kerri Ouber LaRose

WAYS YOU CAN GET MORE FROM YOUR COACHING EXPERIENCE

1. Make our coaching sessions a priority. Come to every call with a specific agenda - a clear understanding of what you'd like to take away from the session.
2. Do your own work between sessions. Use what you learn. Complete what you agree to do.
3. Be open-minded. Try new approaches. Experiment.
4. Be willing to change your beliefs and patterns if they do not serve you anymore.

Session Agenda

1. Duration of session: Approx.: 45 minutes per session
2. Please budget for this investment.
3. I do not accept late payments. Please make certain funds are available at the time of services or the determined payment schedule.

SESSION PROCEDURES

1. Please call me at 985-507-1504 for our scheduled sessions.
2. If you call in and get my voicemail, please call back after one full minute as I might be finishing up a call with another client.
3. Please do not leave a message and wait for me to call you back. I might not receive your message between clients.

The Ouber Zone

Kerri Ouber LaRose

SCHEDULE CHANGES/VACATION/BUSINESS TRIPS

We will choose a regular time for our sessions. This will be your time slot. If something must change temporarily or permanently, I will be happy to work that out with you.

Please give our call high priority and arrange your schedule to honor our agreed-upon time. If you must reschedule our call, I ask you to give me 24-hour notice. In any case, let me know as soon as you are able. I will not reschedule no-call/no-shows. If you have vacation or business trips that will conflict with our sessions, please notify me of these as far in advance as possible and we will discuss rescheduling. Your time is valuable as well, and I will do the same for you.

I'm looking forward to walking with you on this Godly journey, sharing my gifts with you by allowing you to more easily navigate your path to a rewarding relationship.