



**REST EASY Coaching (Over 16's)
Session AGREEMENT**

Client name:

Telephone number:

Mobile number:

Address:

Preferred means of communication:

Date:

Client Statement

I have sufficient information about REST EASY Coaching and agree to undertaking sessions with Rest Easy Coach Karen Tommy.

Fees: £25.00 for 30 minutes.

If I need to rearrange any appointments, I will ensure that I give at least 48 hours' notice.

Agreement

1. As the client, I understand that I will work with Karen Tommy using the REST EASY Method to help me to build resilience over a six week period.
2. I am aware that the sessions are confidential. Confidentiality does not apply where it would mean that the coach might break the law or where withholding information means she would breach the code of ethics (see Confidentiality section in coaching part below).
3. Karen Tommy has explained that Rest Easy is being validated by University of Chester and that data may be shared with the university. I acknowledge that this will be anonymous and my identity will be protected.
4. I understand that REST EASY is a self-help coaching tool and is not counselling. The success of the method is therefore dependent on me practising the tools.
5. I agree to commit to having an initial course of 6 sessions.
6. I have read and agreed to the above.

Name of Client.....

Signature..... Date.....



COACHING AGREEMENT - Karen Tommy

Coach Statement

Subject to me being satisfied that your problem is one that can be helped by REST EASY Coaching, I agree to offer6.... sessions. This is my commitment to you.

You may terminate the sessions without further cost at any time you wish

Agreement

1. Confidentiality will be maintained within the codes of ethics and legal requirements. Confidentiality may be breached if I consider there is a risk that you may harm yourself or others. In such exceptional circumstances, where there is concern for your wellbeing or that of others, it may be necessary for me to seek help outside the coaching relationship.
2. The coaching relationship will remain a professional one at all times, the boundaries of which (such as contact outside of our sessions) can be agreed between us during our sessions.
3. As part of my code(s) of practice I am required to carry out continuing professional development, and to engage in regular on-going clinical supervision. This is to ensure an ethical and professional service to clients. I may discuss your case in supervision without names or identifying details.
4. Notes may be taken during and after each session, which will be kept in accordance with the Data Protection Act (1998) & new GDPR regulations. These notes will be securely stored. I will discuss the disposal, retention or otherwise of any such notes at the end of our engagement. They are disclosed to no one other than the clinical supervisor or the necessary pastoral team at Ellesmere College (if required), unless required under a court of law subpoena.

5. For evidence evaluation, data regarding the Rest Easy Method will be collected during the sessions & passed to the Real World Validation Team at University of Chester for evaluation. This data will be anonymous & your identity will be protected.

6. If agreed payments for coaching are not being paid, then I reserve the right to terminate the service. I will invoice Ellesmere College for payment, and they will then contact you regarding payment.

7. Endings – results from REST EASY coaching can take up to 8 weeks & in the initial sessions you may not see immediate improvements. At times this can be frustrating and emotional. There may be times when you find this process difficult and feel the need to end the sessions. Your feedback on the process will be asked for at the end of the session and if you feel unhappy with any aspects of the coaching being offered it would be good if you could communicate this verbally with me. This gives us both the chance to address and resolve engagement issues. In the normal course of events, you will probably know when you are ready to finish the coaching, and we will agree together on the work we need to do to prepare for this.

8. I will not suddenly or without warning terminate our contract, except in exceptional circumstances, which would become clear in the course of the/our work together. This would be fully discussed at that time. Please note any threats or acts of violence will invalidate this agreement and the coaching will cease. Sessions will not take place if you arrive under the influence of alcohol or non-prescribed medication.

I am fully committed to facilitating Rest Easy Coaching for you.

Coach.....

Signature.....

Date.....