**Professional Coaching Agreement:**

## I understand that I am working with a ATigney Solutions Coach for professional coaching at the agreed fee. I am paying this monthly retainer by credit card or check per our agreement. We will have standing scheduled times each week by telephone, or meeting in person.

Additionally, we may have other interim through limited exchanges by telephone, voicemail, email, or for review of faxed material without additional charge (depending on the package purchased). If there are special circumstances or events that require significant time or an additional session, we can renegotiate rates.

**Coaching Terms:**

Fees: for sessions per month/week Duration of session: approx. minutes per session

Session Day/s: Monday Tuesday Wednesday Thursday Friday

Session time: am pm PT MT CT ET Other

## Procedures:

* Call for our sessions.
* We will meet at:
* If you call in and get my voice mail, please call back after one full minute.
* Please do not leave a message and wait for me to call you back.

All information will be held as confidential unless the client requests otherwise in writing.

Professional Coaching is distinctly different than counseling, psychotherapy, and psychoanalysis, and does not deal with the diagnosis or treatment of emotional problems. I am not under the medical care of this A Tigney Solutions Coach, and they are not acting as a Psychiatrist or Psychoanalyst in this collaboration. I am responsible for all my decisions, actions and feelings. Since Professional Coaching does not constitute medical consultation or treatment, any healthcare insurance does not apply.

These fees may be tax deductible as a business expense. Please check with your CPA.

Signature Date

**FEE SCHEDULE**

**Silver Package – $90.00/week** *(Must make a commitment for 5 sessions)*

* Once a week a scheduled 45 Minute scheduled phone call for coaching.
* Unlimited email contacts for support.

**Gold Package – $225.00/month (paid in advance)**

* Biweekly scheduled 45 Minute phone call for coaching.
* Unlimited email contacts for support.
* Lazar calls and voicemail for questions, comments, and clarification.

**Platinum Package – $300.00/month (paid in advance)**

* Once a week a scheduled 45 Minute phone call for coaching.
* Unlimited email contacts for support.
* Lazar calls and voicemail for questions, comments, and clarification.

**Individual Services By Design**

* Coaching 1 on 1 in person - $100.00/per session
* Unlimited email coaching - $100.00/per month
* 45 minutes per scheduled phone call for coaching or consulting - $90.00
* Lazar calls and e mail coaching support – $125.00/per month