

COACH & CLIENT RELEASE AGREEMENT

IFTT

Client Name

Coach Name

The Client who engages in Thought Coaching Services™ with the Coach specifically understands and agrees to the following:

1. That the Coaching Agreement is a professional partnership between Coach and Client, in which high standards of professionalism, respect, safety, and ethics are mutually agreed upon.
2. The Coach is an Independent Thought Coach™, certified in the Transformational Thinking Process™ (also known as The Ora Method®) by The Institute For Transformational Thinking, which works on the fundamental level of thoughts - from which all of life experiences arise. The role of the Coach is to provide insight and guidance through the Transformational Thinking Process, in order to support the Client in the manifestation of their goals and self-actualization. The Transformational Thinking Process™ consists of the following four-part system:
 - Mindfulness To Deepen Your Awareness of Your Thinking Mind
 - The Says Who? Method™ For Identifying the Origin, and Determining the Type of Thoughts
 - The Release & Replace Technique™ For Letting Go of Negative or Fear-Based Thoughts, and Replacing Them With Supportive, Life-Affirming Thoughts
 - The Thought Alignment System™ For Activating New Behaviors & Affirming Positive Thoughts
3. The Coach will do this work holistically; by approaching each of the macro-areas of life, as referred to by The Institute For Transformational Thinking's Four Pillars of Modern Life™. These are:

HEALTH

- Physical Health
- Emotional Health
- Mental Health
- Spiritual Health

RELATIONSHIPS

- + Family Relationships
- + Personal Relationships
- + Work & Professional Relationships
- + Self & Others

FINANCES

- + Spending
- + Investment
- + Saving
- + Goals

CAREER

- + Authenticity
- + Intention
- + Purpose
- + Fulfillment

4. Client agrees to approach each session and each exercise with a "beginner's mind," open to new insights and new ideas.
5. Client recognizes and agrees that the Coach's role is to support the Client in their thought process and their ability to improve their own lives. Whatever advice the Coach provides to the Client, whether in the areas of health, relationships, career, finances, or otherwise, shall be solely based on the thoughts of the Client in these areas.
6. Coach commits to, at all times, maintaining a confidential, respectful and honorable relationship between Coach and Client, and will adhere to the strongest moral codes including never disclosing to any third party, including in print and/or any other type of media, any aspect of the Client's personal life.
7. Coach understands and agrees that they are not to pass judgment on the Client, and to support and contribute to the Client's potential through the Transformational Thinking Process™.
8. Any, and all interactions the Client may have with the Coach, shall in no way reflect The Institute For Transformational Thinking, its founder, Ora Nadrich or any other parties involved. The Coach is an Independent Thought Coach, representing their own interpretation, and/or use of the Transformational Thinking Process as presented by The Institute For Transformational Thinking.

9. Coach and Client have agreed to for the price of a total of due on / /
of sessions per session

10. Coach and Client have agreed to the type and terms of payment:

Payment Type:

Payment Terms:

Client and Coach fully understand, agree, and accept the above conditions, and will adhere to them throughout the course of the professional relationship.

Client Signature

Coach Signature

Date

Date

