

ANIKO LEWIS  
*Humble Mouse Counselling for Change*  
THERAPY, LIFE-COACHING  
& CONSULTATION  
[www.anikolewistherapy.com](http://www.anikolewistherapy.com)  
509-319-9200

This form covers coaching services given by **ANIKO LEWIS**. Please read this form carefully.

I hereby agree to the following:

I understand that life coaching is a relationship I have with my coach designed to facilitate the creation/development of my best life, and what I express how my coach can assist. I understand that life coaching is a comprehensive process that may involve all areas of my life and could include work, finances, health, relationships, education, activities and that deciding what to do in these realms is my responsibility.

I understand that information I give to **ANIKO LEWIS** is confidential unless I state otherwise, in writing. However, I understand that if I report abuse, neglect or threaten to harm myself or someone else, necessary actions will be taken and my confidentiality agreement will not limit this capacity.

As a client, I understand and agree that I am fully responsible for my wellbeing during my coaching sessions, including my decisions and choices. I may discontinue my coaching sessions with **ANIKO LEWIS** at any time. I know that coaching is not psychotherapy, counseling or any medical alternative. I understand coaching is not a substitute for counseling, psychotherapy, mental health and will not use it in place of any form of therapy or medical advice. I agree I am well adjusted, mentally healthy and ready for coaching. It is my responsibility to consult my health care provider prior to participating in coaching with **ANIKO LEWIS**. Should I choose not to consult my primary health care provider, I accept full responsibility & waive all rights to liability or any claims against **ANIKO LEWIS** or any affiliated administrators, or employees. I, release the organization or business named above from all liability, costs and damages which might arise from participation in the above named event or activity.

I forever release **ANIKO LEWIS** from any and all actions, claims or demands that I, my assignees, heirs, distributes, guardians, next of kin, spouse and legal representatives now have or may have in the future, for injury, death, or property damage, related to my participation in this activity or for the negligence or other acts, whether directly connected to this activity or not. I agree, I the client, would be responsible for attorney fees for all parties if law suit filed.

I understand that I am responsible for the fees if I cancel less than 24 hours. Missed sessions will not be made up.

I am choosing to participate in coaching services with **ANIKO LEWIS**. Any suggested Yoga Poses, Meditation or Reading Material is just a suggestion. It is my choice to perform or read any suggested material and I do them at my own risk.

I have read and understood the contract as written here and agree to all terms.

Client Name (print):

Client Signature:

Date: