

Creating Contracts

For me, creating contracts and asking people to sign them was one of those “big girl panties” things to do. It felt almost as hard to ask someone to sign a contract as it was to ask for that next higher price tag. There was a part of me that insisted I did not need one, reminded me that I’d never needed one before and asking for one triggered my imposter syndrome. I think it also comes to anyone carrying Priestess wounding. We have been underground for sooo long, it goes hand in hand with stage fright and being seen in too big of a space. Breathe deeply and trust dear sister.

I do recommend them on larger amounts of money and on payment plans. Contracts keep you and your client clear about the cost, payment plan and deliverables (what they receive from you) It can be an amazing amplifier of trust, excitement and commitment too. If it feels uncomfortable then just do it anyway and it’ll get easier!

Here’s a sample of a contract that I use for 1 on 1 sessions.



Welcome to Bliss-Life Coaching Services!

Below is our coaching agreement;

Cathleene Cienfuegos (coach) provides services to you _____(client) in the field of professional and personal coaching, mentoring, healing and guiding, in person and/or by ZOOM by joint agreement. The term of the contract is for 3 month which includes three (3) half-day sessions in person and six (6) 90 min. virtual sessions on the Zoom platform and Voxer private voicemail support throughout the term. The term begins _____ and will go until the maximum amount of sessions (stated above) are completed. The sessions must be completed by the end of _____.

Our sessions will be an exploration of energy, intuition, relationship intimacy, Tantric view and healing arts. Sessions can include yet not limited to verbal guidance, guided imagery, energetic activations, meditation, hands on bodywork, energy work, soul retrieval and shadow work.

Voxer voice mail support will be available throughout the term and questions will be answered within 24 hours. Sundays excluded.

The cost of the 3 month Accelerator healing coaching package is \$4500 in monthly payments 3 each of \$1500 (credit card required) or paid in full \$3900. First payment is due before or on our first session.

Please fill out below:

Professional Services to be provided to:

Name:

Home Address:

Mailing Address:

Phone:

Email:

Confidentiality

As your coach, I will ask you for personal information about your life. I will hold this information and the content of all coaching sessions in the strictest of confidence.

Substance Policy

You as the client agree to be sober during our time together. Your body is free of any alcohol or plant medicines during our session. If you show up to your session under the influence, I have a right to cancel on the spot and not refund your money.

Cancellation Policy

If you cancel an appointment with less than 24 hours notice, you are forfeiting your session. If you cancel before the 24 hour mark, you are responsible to reach out and for us to find a date and time that works for both of us.

We do not allow refunds in our practice.

Our signatures on the Coaching Agreement indicate full understanding and agreement with the information outlined above.

Client Signature and Date: / / _____

Coach Signature and Date: / / _____