

Business Coaching Agreement

Agreement Between:

"Client": _____
Address: (_____)
Company: Lesli Bitel International, LLC
"Coach": Lesli Bitel-Koskela, MBA, RDN, LDN
Address: 1526 RFD, Long Grove, IL 60047 Phone: (847) 383-5947
Email: HarmonicCoach@gmail.com

This agreement for business coaching services, between Lesli Bitel International, LLC and the client, _____, will begin on/about _____ and will continue for an initial term of six months ending on/about _____. This initial 6-month contract and term, including all fees for services, is non-cancelable and non-transferrable.

After the initial 6-month term, the client has the option to move into a month-to-month format whereby the client may discontinue at any time via 30-day notice of termination.

Program Inclusions

The package of services provided herein is defined as such:

- Special two-hour business assessment and planning "kick-off" session (replaces one 45-minute session)
- Two 45-minute coaching sessions per month (for a total of 11)
- One 90-Minute Group Mastermind per month
 - Example topics include: mastering the enrollment conversation, maximizing client attraction strategies, business planning and strategy development, goal setting, time and task management, cultivating a winning mindset, pricing your services, programs and packages, signature program creation, maximizing your networking efforts, keys to gracefully overcome objections, maximizing social media as a marketing tool, designing your signature talk to attract clients, create titles that resonate with your target market, managing your money for optimal financial success, and managing your mindset and in the form of negative, self-defeating self-talk/inner critic
- Email support between sessions
- Access to Lesli's personal cell phone number for texting of time sensitive issues that cannot wait until regularly scheduled coaching sessions -- (847) 702-3681
- Accountability journals and pre-call planning forms
- Additional worksheets, scripts, and tools available at the discretion of the company
- "Just in time" quick 10-minute calls between sessions may be scheduled by request. (These are intended for time sensitive issues that cannot wait until our next scheduled coaching session. The entity has the right to limit this program feature to once per month.)

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Investment Structure

() \$X Full Payment to be processed upon signature on agreement and completion of credit card authorization form (Investment listed above includes \$X “decisive action” discount (regular fee = \$X)

OR

() \$X Payment Plan to be paid as follows: \$X to be processed upon signature of agreement and completion of credit card authorization form, then \$X per month to be processed on _____.

It Is Thereby Agreed:

1. Lesli Bitel-Koskela promises to keep all discussions private and confidential.
2. The client understands that this agreement is non-refundable and non-cancellable. The service provided to the client by Lesli Bitel-Koskela/Lesli Bitel International, LLC, is business coaching, as designed jointly with the client.
3. Coaching, which is not advice or therapy, may address a variety of topics that may impact the entrepreneurs’ business results. Examples of topics discussed in a coaching collaboration between the “coach” and “client” include (but not limited to): goal setting, special projects, business strategies, marketing techniques, client attraction methods, business positioning, sales skills, creation of various services, online promotion and marketing methods, setting priorities, establishing goals, time management, identifying resources, brainstorming options, creating action plans, asking clarifying questions, exploring and overcoming obstacles, “debunking” self-limiting beliefs, and being held accountable to commitments, etc.
4. All sessions will be scheduled at mutually agreeable times and will be conducted via telephone. SKYPE is available upon request. Upon request, the Coach, Lesli Bitel Koskela, will make every effort to reschedule a particular session if given at least 24 hours’ notice. Given less than 24 hours’ notice, the service or session will be forfeited. Your signature below indicates that you understand this policy.
5. The Company has made every effort to accurately represent the Program and its potential benefits. Results can vary; therefore the Company makes no guarantees. The testimonials and examples used are not intended to represent or guarantee that anyone will achieve the same or similar results. Each individual’s success depends on many factors, including but not limited to, his or her acumen, dedication, starting point in their career or business, desire and motivation, etc.
6. As the client, you understand and agree that you are fully and solely responsible for your own physical, mental, emotional and financial wellbeing during, after and between coaching calls, including all your choices and decisions. You understand that coaching does not involve the diagnosis or treatment of mental health issues as defined by the American Psychiatric Association.
7. You understand that “coaching” is a Professional-Client relationship that is designed to facilitate the creation and development of personal, professional or business goals and to develop and carry out a strategic plan for achieving those goals. You acknowledge that no specific results are implied or guaranteed. You understand that that you are 100% responsible for all outcomes from the coaching process.
8. You understand that all exercises and printed materials provided by the Company are copyrighted, trademarked and the intellectual property of Lesli Bitel Koskela, and as such, they may not be copied, given to others, forwarded by email to others or used without the written permission of Lesli Bitel Koskela. By signing below, you agree that if you violate or display any likelihood of violating any of your agreements contained in this paragraph the Company will be entitled to protect itself against the harm of such violations.

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Throughout our coaching relationship we will engage in personal conversations. In order to achieve the maximum results, I have the following requests to make of you, the client:

- Coaching calls should take place from a consistent location where you are able to focus and feel safe and supported. Please arrange for no interruptions during this time and have a pen and notebook or your computer handy for notes.
- Please make all appointments and calls on time. If you know you will be late, let me know ahead of time. Email or text messaging is the preferred communication method in this case.
- Please fill out a pre-call strategy form prior to each session. This will help you to focus your thoughts and allows you to fully leverage the coaching experience. It is also a form of accountability and a record of your progress.
- Please make every effort to be open, honest and participate fully in your coaching experience.
- Be willing to take calculated risks and stretch yourself outside of your comfort zone, when appropriate.
- Please make every effort to complete "homework", follow through on agreed upon action steps and complete accountability journals.
- I am available to you for support between sessions by phone or email during business hours. Please email me at lesliprivate@leslibitel.com. I will get back to you, pending availability, during work hours (Monday - Thursday from 9 – 5 CST). Messages received on Thursday after 5PM CST or on Friday will be returned by the following Monday.
- You may also text message or call my personal cell phone (847) 702-3681 for matters that cannot wait until our next scheduled session. I'll make every effort to make myself available for these unscheduled and urgent situations.

Lastly, and most importantly, I want to acknowledge YOU for jumping into such a fearless and life-affirming process. I am eager to support you in building your thriving nutrition practice and helping you meet your business goals!

Your signature on this agreement indicates your agreement to abide by the above requests, and your understanding of the services provided.

Client _____

Date _____

Coach _____

Date _____