

BLOSSOM COACHING – CLIENT AGREEMENT

Coaching Agreement (Not Counselling or Psychotherapy)

Business Name: Blossom Coaching

Coach: Shagufta Zabeer

1. Nature of Coaching

By signing this agreement, you confirm that you understand and accept that:

- Coaching is **not therapy**
- Coaching is **not counselling**
- Coaching does **not diagnose or treat mental health conditions**
- Coaching focuses on **personal growth, mindset, confidence, and empowerment**

You acknowledge that coaching is a collaborative process and **results are not guaranteed**.

2. Client Responsibility & Assumption of Risk

By accessing coaching with Blossom Coaching, you agree that:

- You are fully responsible for your own physical, emotional, and mental wellbeing.
- Participation in coaching is entirely voluntary.
- All decisions you make during or after coaching are **your own responsibility**.

You further agree:

You participate in these services at your own risk and take full responsibility for your wellbeing and results.

3. No Guarantees

Blossom Coaching does not guarantee:

- Any financial, emotional, relational, or life outcome
- Healing, recovery, or transformation
- Immediate or long-term results

Results vary depending on your own effort, mindset, and circumstances.

4. Mental Health & Medical Disclaimer

Coaching does not replace:

- Medical care
- Psychological therapy
- Psychiatric support

You confirm that:

- You are responsible for seeking medical or mental health support if needed.
- If you are currently receiving mental health treatment, you will inform your Coach.

Blossom Coaching is **not liable** for any mental or physical health outcomes.

5. Limitation of Liability

To the fullest extent permitted by UK law, you agree that Blossom Coaching and Shagufta Zabeer will not be held liable for:

- Any direct or indirect loss or damage
- Emotional distress
- Personal injury
- Financial loss
- Life decisions made after coaching

All coaching is provided in good faith and with best professional intention, **without legal liability for outcomes.**

6. No Legal Claims Clause

You agree that you will not:

- Bring legal claims
- File lawsuits
- Seek compensation or damages

against Blossom Coaching or Shagufta Zabeer relating to coaching outcomes.

7. Refund Policy

- All coaching payments are **non-refundable** once a session has been delivered.
 - Missed sessions without **48 hours' notice** are non-refundable.
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8. Confidentiality

All sessions are private. However, confidentiality may be broken if there is a risk of:

- Harm to yourself
 - Harm to others
 - A legal obligation to report
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9. Client Declaration

By signing below, you confirm that:

- You are over 18 years old
 - You understand this is **not therapy**
 - You accept full responsibility for your wellbeing
 - You agree to all terms stated in this agreement
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Client Signature: _____

Date: _____

Coach Signature:

Shagufta Zabeer – Blossom Coaching

Date: _____
