

Coaching contract and GDPR

A coach aims to help a coachee develop the skills and attitudes needed to get the best from life and/or work. Health coaching helps people gain the knowledge, skills, tools and confidence to become active participants in their care so that they can reach their self-identified health goals.

The coach/coachee relationship is a partnership that assumes the coachee is the expert on his/her life and situation. Here's how the UK Health Coaches Association explains it:

- A health coach is a wellness professional trained to partner with clients who are seeking to improve their health and wellness.
- A health coach believes unreservedly in their clients' capacity for change and will hold them in unconditional positive regard as they support, educate and empower them to find their way to better health.
- A health coach understands that each client is an expert on their own life and remains respectful and non-judgemental in all interactions.
- A health coach cuts through the confusing clutter of contradictory information and the 'one size fits all' mentality to help their clients create their own 'Lifestyle Prescription' that is exactly suited to their needs.
- A health coach will support, educate and motivate you to find simple ways to better health, break through resistance and overcome self-sabotage.

You can find out more about health coaching on the UK Health Coaches Association website: www.ukhealthcoaches.com.

About Lou Walker

I am a health coach registered with the UK Health Coaches Association. I have 16 years' experience as a leadership development consultant and management trainer. My relevant qualifications are:

- Certificate in Coaching from the Centre for Coaching
- Primary Certificate in Health & Wellbeing Coaching from the Centre for Coaching
- MSc in Obesity & Weight Management (University of Chester)
- Postgraduate Certificate in Human Nutrition (University of Chester)
- UKA Level 2 athletics coach
- SMA Level 4 Sports massage therapist
- Accredited practitioner of the Harry Schroder High Performance Behaviour framework
- Mental health first aider.

Ethics & Insurance

I subscribe to the UK Health Coaches Association's Code of Conduct. I am insured with professional indemnity through Balens (www.balens.co.uk) policy number: ZUR-UKHC/19/06/6.

Please read carefully before signing:

As a coaching client, I understand and agree that I am fully responsible for my physical, mental and emotional well-being during my coaching sessions and/or calls, including my choices and decisions. I am aware that I can choose to discontinue coaching at any time.

I understand that “coaching” is a professional client relationship with my coach, designed to facilitate the creation/development of personal health-related goals and to develop and carry out a plan for achieving those goals.

I understand that coaching is a comprehensive process that may involve all areas of my life, including work, finances, health, relationships, education and recreation. I acknowledge that deciding how to handle these issues, incorporate coaching into those areas, and implement my choices is exclusively my responsibility.

I understand that coaching does not involve the diagnosis or treatment of mental disorders as defined by the Royal College of Psychiatrists. I understand that coaching is not a substitute for counseling, psychotherapy, psychoanalysis, mental health care or substance abuse treatment and I will not use it in place of any form of diagnosis, treatment or therapy.

I promise that if I am currently in therapy or otherwise under the care of a mental health professional, that I have consulted with the mental health care provider regarding the advisability of working with a health coach and that this person is aware of my decision to proceed with the coaching relationship.

I understand that information about me will be held as confidential unless I state otherwise, in writing, except as required by law (see GDPR form below).

I understand that all intellectual property, materials, programmes and processes are owned by and copyright to Lou Walker Health Coaching and can only be used outside contracted programmes after specific agreement.

I understand that coaching is not to be used as a substitute for professional advice by legal, medical, financial, business, spiritual or other qualified professionals. I will seek independent professional guidance for legal, medical, financial, business, spiritual or other matters. I understand that all decisions in these areas are exclusively mine and I acknowledge that my decisions and my actions regarding them are my sole responsibility.

I have read and agree to the above.

Signature:

Date:

GDPR (General Data Protection Regulation) compliance

Lou Walker will gather and record information from you about your personal details, contact details, and other information relevant to your coaching sessions. This information will record the main points about your coaching goals, action plans and other agreed activities.

This information will be held on paper in a secure, locked filing cabinet and will not be shared with anyone without your written consent.

The data will be destroyed if:

- You cease to be Lou Walker's client
- You have not had a coaching session with Lou Walker for six years
- You ask to withdraw consent.

Lou Walker Health Coaching is registered with the ICO's Data Protection Registration Department, with reference number: A8484146.

I consent to Lou Walker Health Coach obtaining and holding information as described above.

Signed:

Print name:

Date: