Compass Coaching Agreement

1747 Independence Blvd, Unit E14, Sarasota, FL 34234 · innerlightstudiosrq.com

1. Parties and the Coaching Relationship

This agreement is made on _____ between **Alexandra Pike, ACE Certified Health Coach**, on behalf of **Inner Light Fitness, LLC** ("Coach" or "Inner Light Studio"), and _____ ("Client").

Compass Coaching is Inner Light Studio's health coaching program. It is a collaborative, forward-looking partnership designed to help the Client build lasting habits around movement, nourishment, sleep, stress and nervous system regulation. The Client sets the direction; the Coach provides structure, evidence-based tools and accountability along the way.

- The coaching relationship is strengths-based. The agenda is built and adjusted together, session by session.
- The Coach's role is to help the Client move toward goals the Client has chosen. The Client remains the decision-maker in their own life and wellness.
- Both parties agree to engage fully, communicate honestly and show up prepared for each session.
- Progress check-ins, including any body measurements, are treated as *trendline data*, not judgment. The Client may decline any measurement at any time.

2. Scope of Practice, Health Clearance and Assumption of Risk

Coaching is not medical care, therapy or counseling. The Coach does not diagnose, treat or cure any medical or mental health condition, prescribe or adjust medications, or provide medical nutrition therapy or individualized meal plans for a medical condition. Nutrition guidance is general, evidence-based education.

- The Client agrees to remain under the care of their own physician and other licensed providers, and to consult them before making significant changes to diet, exercise or supplements.
- When a concern falls outside a health coach's scope, the Coach will refer the Client to an appropriate licensed professional.
- Before the first session, the Client will complete Inner Light Studio's health history questionnaire. If it indicates a need, the Client agrees to obtain physician clearance before beginning any movement or breathwork practice.
- The Client agrees to tell the Coach promptly about any new injury, diagnosis, pregnancy, medication change or symptom that may affect their participation.

Assumption of risk. Sessions may include light movement, mobility, breathwork and nervous system regulation practices. The Client understands these carry some inherent risk, participates voluntarily, and may stop or modify any activity at any time. The Client has also signed, or will sign, Inner Light Studio's general Release and Waiver of Liability, which applies to all time spent in the studio.

No guaranteed results. Behavior change is personal, and its pace varies. The Coach makes no promise of any specific outcome, including weight, body composition or health markers.

3. Confidentiality and Privacy

What the Client shares in Compass Coaching stays between the Client and the Coach. The Coach will not share the Client's personal information, goals or session content with anyone without the Client's written permission, as allowed by law.

- Session notes are handwritten by the Coach and kept secured in the Coach's private office at Inner Light Studio, accessible only to the Coach.
- Coaching information is not shared with Tailored Training coaches, other studio staff or independent wellness partners operating within the studio unless the Client asks for it in writing.
- The Client's name, story, photos or results will never be used in testimonials or marketing without separate written consent.
- **Exceptions:** the Coach may disclose information without consent if there is an imminent threat of serious harm to the Client or another person, if child or vulnerable-adult abuse is suspected (Florida law requires reporting), or if required by a court order or subpoena.
- Inner Light Studio is not a medical provider, and coaching records are not medical records.

4. Sessions and Scheduling

Session formats. The first Compass session is always held in person at Inner Light Studio. After that, sessions may be held virtually (video or phone) when that better supports the Client. At least one session each quarter is held in person. Brief between-session check-ins by email or message are included; the Coach responds within one business day, Monday through Friday.

Booking. Inner Light Studio operates by reservation only. All sessions are booked, rescheduled and cancelled through Momence or by contacting alexandra@innerlightstudiosrq.com.

Arrival and late arrival.

- Sessions begin and end at the scheduled time. A late start does not extend the session.
- If the Client is more than 15 minutes late without notice, the session is considered missed and is forfeited.
- If the Coach is more than 15 minutes late, the Client may reschedule, and the session is complimentary.

Cancellation and rescheduling.

- Sessions may be cancelled or rescheduled at no charge with **at least 24 hours' notice**.
- A cancellation or change made within 24 hours **forfeits the session**.
- A missed session with no notice is forfeited.
- In a genuine emergency or illness, the Coach may allow the session to be rescheduled, at the Coach's discretion.

5. Investment, Payment and Ending Coaching

Investment. Compass Coaching packages and rates are listed in Schedule 1. Inner Circle members receive exclusive member pricing.

Payment.

- All sessions are paid in advance through Momence.
- Single sessions are paid at booking; packages are paid in full at purchase.
- Payment may be made by credit card, or by cash, check or electronic funds transfer by arrangement.
- Package sessions do not expire and are non-transferable.

Ending coaching early. The Client may end coaching at any time by letting the Coach know. All purchases are final, and no refunds are given for ending coaching early. Any unused prepaid sessions remain available to the Client to use at any time.

Coach's right to end. The Coach may end the relationship if the Client's needs fall outside a health coach's scope, if studio policies are repeatedly not followed, or if the relationship is no longer a good fit. In that case, any unused prepaid sessions are refunded in full.

6. Studio Policies and General Terms

In the studio. In-person sessions follow Inner Light Studio's house policies, including reservation-only access and respect for shared spaces and other guests. Little Lotus childcare may be reserved separately in Momence during in-studio sessions. Services offered by independent wellness partners operating within the studio are governed by those partners' own agreements.

General terms.

- This agreement, Schedule 1, the health history questionnaire and the Release and Waiver of Liability make up the full agreement between the Client and Coach.
- Changes to this agreement must be in writing and signed by both parties.
- If any part of this agreement is found unenforceable, the rest remains in effect.
- This agreement is governed by the laws of the State of Florida, with venue in Sarasota County.
- Electronic signatures are as valid as handwritten ones.

Schedule 1: Compass Coaching Investment

Packages are prepaid in full at purchase; the per-session value is shown in parentheses.

Offering	Format	Standard rate	Inner Circle member rate
Compass Session, 60 min	In person or virtual	**$100**	**$85**
5-session package	In person or virtual	**$475** ($95 per session)	**$400** ($80 per session)
10-session package	In person or virtual	**$900** ($90 per session)	**$750** ($75 per session)

The first session and at least one session per quarter are held in person; others may be virtual. All Compass sessions include between-session check-ins by email or message.

Signatures

By signing below, the Client confirms they have read and understood this agreement, including Schedule 1, and agree to its terms.

Client

Signature _____ Date _____

Printed name _____

Coach

Signature _____ Date _____

Printed name Alexandra Pike, ACE Certified Health Coach