

Connected Meals, LLC - Health Coaching Agreement (effective 12/16/2025)

Nutri-Q

Name: _____

Date: _____

Before beginning health coaching, please read the following information carefully and completely, then sign and date this agreement.

Parties to the Agreement *

Client's Full Name

Client's Address *

Address

City

State/Province/Region

Zip/Postal Code

Country

Phone Number

Phone Number Type

Health Coaching Agreement *

Disclaimer Title: Health Coaching Agreement

Disclaimer Content:

Coach's Full Name and Address

Shannon Maset - Connected Meals, LLC

3706 148th St W.

Rosemount, MN 55068

DESCRIPTION OF THE HEALTH COACHING RELATIONSHIP

The fundamental goal of health coaching is to cultivate curiosity, encourage exploration, and reflect objective truths that empower a client to discover possibilities and create a supportive path toward their vision of health and wellness. Health coaching is not psychological counseling or psychotherapy.

The following NTA Health Coaching foundations are the underlying principles of our work together:

- Client-Centered Coaching
- Client-Bio-individuality
- Relationships of Trust

- Client Resilience
- And Coach Care and Ethics

CLIENT-CENTERED COACHING

Recognizing that the client is the expert in their life, NTA Professional Health and Wellness Coaches empower clients to strengthen their belief in themselves and confidence in their ability to make consistent progress toward their unique vision of health and wellness. NTA Professional Health and Wellness Coaches assess a client's readiness for change and support them in designing appropriate action steps that move them toward self-determined goals.

CLIENT BIO-INDIVIDUALITY

NTA Professional Health and Wellness Coaches honor client bio-individuality, recognizing there is no one size fits all approach to health coaching. Listening to the client's experience and honoring client accessibility, NTA Professional Health and Wellness Coaches draw from their health coaching skills and tools to meet the client where they are.

RELATIONSHIPS OF TRUST

NTA Professional Health and Wellness Coaches hold a safe place for clients to continually feel seen, heard, encouraged, trusted and supported. Honoring the courage of the client to ask for support, NTA Professional Health and Wellness Coaches seek understanding first through active listening and active observing, offering compassion and empathy, and trusting the client's experience. NTA Professional Health and Wellness Coaches draw on their motivational interviewing skill set as a key strategy to listen and communicate in a way that fosters the client's sense of safety and acceptance. Clients will not only value their coach-client relationship of trust, they will in turn learn to build a relationship of trust with themselves as well.

CLIENT RESILIENCE

NTA Professional Health and Wellness Coaches foster client resilience, recognizing client ambivalence and struggles as a normal part of the process while encouraging self-compassion, self-kindness, and a growth mindset in clients. Empowering clients to cultivate positivity and optimism in their journey, NTA Professional Health and Wellness Coaches help clients explore obstacles and identify opportunities for learning and growth while focusing on progress over perfection.

COACH CARE & ETHICS

NTA Professional Health and Wellness Coaches prioritize coach self-care, supporting their health through nutrition, lifestyle, and mindset. Understanding the roles and responsibility of both coach and client, NTA Professional Health and Wellness Coaches adopt a high standard of ethics and set healthy boundaries while supporting clients within scope of practice. NTA Professional Health and Wellness Coaches recognize clients are ultimately responsible for their own success.

HEALTH COACHING LOGISTICS

Meeting/Session Parameters

Meet via Zoom for:

Location of meeting: <https://zoom.us/j/3167429505?pwd=ZFkxZ1FVZml3Sk84UFI1cEtqdC9kdz09>

or phone call.

Check-ins

Agreed-upon weekly email check-ins are available by request for additional support, accountability, or any issues that arise between sessions. I will respond to emails within 3 business days.

Rates & Cancellation Policy.

Rates & Cancellation policies are outlined in the Client Bill of Rights and mentioned at the time of booking your appointment.

HEALTH COACHING ROLES & RESPONSIBILITIES

Coach Roles & Responsibilities

As coach, I agree to the following:

- Understanding and working within NBHWC scope of practice while honoring code of ethics
- Establishing a coaching agreement
- Providing a safe place to build a coach-client relationship of trust
- Respecting confidentiality
- Recognizing that the client is the expert on their own life and health journey
- Honoring client bio-individuality
- Believing in the client's ability to change
- Interacting with the client in a respectful and non-judgmental way
- Seeking to understand first through active listening and active observing
- Meeting the client where they are
- Encouraging client self-awareness
- Fostering client self-discovery
- Supporting clients in recognizing and building on internal strengths
- Strengthening client self-efficacy
- Empowering clients to draw on external resources and support
- Honoring client autonomy
- Allowing the client to set the agenda in coaching sessions
- Aligning with what the client is seeking to achieve

- Supporting the client in focusing on client led sustainable behavior changes that align with client values
- Partnering with the client to develop client-led solutions and strategies
- Employing motivational interviewing strategies to help clients dig deeper
- Asking for permission before mindfully, selectively, and only when appropriate advising and educating
- Recognizing the client is responsible for his/her/their health and well-being as well as goals, actions, and follow-through
- Providing client accountability
- Determining client accountability options including contacting and check-ins
- Recognizing and celebrating client wins
- Encouraging progress over perfection
- Displaying unconditional positive regard for clients
- Fostering a growth mindset in clients
- Requesting client feedback to aid in learning and growth
- Continuing education and training in personal growth, health education and coaching including motivation strategies, behavior change theories and more.
- Setting healthy boundaries and prioritizing coach self care
- Modeling supportive health habits (nutrition, lifestyle, and mindset)
- Collaborating with the client's medical team as requested and as appropriate
- Understanding when and how to refer out to practitioners of other modalities as needed
- Mindfully communicate with the client about any matters that may affect coach-client working relationship

Client Roles & Responsibilities

As client, I agree to the following:

- Understanding and honoring the role and scope of practice of the coach
- Reading through and signing the coaching agreement prior to coaching session
- Being open to develop a coach-client relationship of trust
- Interacting with the coach in a respectful way
- Taking responsibility for my own health and well-being
- Recognizing I am the expert in my own life and health journey

- Believing in my ability to change
- Developing self awareness with coach support
- Showing up to sessions openly and authentically
- Actively engaging in the coaching process
- Creating a vision of health and wellness with coach support
- Focusing on sustainable behavior changes that align with values
- Understanding that setbacks and challenges are part of the process
- Partnering with the coach to develop solutions and strategies
- Working to develop a growth mindset with coach support
- Recognizing the importance of autonomy and self-efficacy
- Drawing on external resources and support
- Celebrating wins
- Focusing on progress over perfection
- Developing unconditional positive self-regard
- Taking responsibility for goals, action, and follow through
- Openly communicating needs
- Offering the coach honest and respectful feedback
- Collaborating with and communicating with their medical team as appropriate
- Meet for scheduled coaching sessions
- Commit to the coaching process of creating a vision of health and wellness, cultivating curiosity, exploring behavior patterns and habits, uncovering truths, discovering possibilities, overcoming obstacles and creating a supportive and successful path forward

TERMINATING THE AGREEMENT

Coach Actions

- Failing to keep scheduled meetings without providing agreed-upon notice.
- Failing to respond to emails within the agreed-upon parameters.
- Failing to be supportive in the agreed-upon manner.
- Failing to uphold the roles and responsibilities agreed-upon.

Client Actions

- Failing to attend two consecutive meetings without providing agreed-upon notice.
- Failing to pay the agreed-upon fees at the agreed-upon times.
- Exhibiting behavior that is inappropriate to the coaching relationship.
- Failing to uphold the roles and responsibilities agreed-upon.

I understand that checking this box constitutes a legal signature confirming that I have read and fully understand the above health coaching agreement, am in complete agreement thereto, and do freely and without duress sign and consent to all terms contained herein.

Please type in your full name and today's date to electronically confirm your agreement

Guardian Full Name for Client Under 18 Years of Age

Guardian Relationship for Client Under 18 Years of Age