



Anchor Wellness Mentoring Agreement

Upon reading, I agree to the Anchor Wellness Coaching release of liability shown by my signature on the digital copy found on Anchor Wellness website, button to the right. Or, I'll be signing a hard copy in person.

This agreement, between Robin Betz Anchor Wellness LLC and the above-named client.

Cost: Currently Anchor Wellness coaching sessions are \$110 for a 50 minute session, payable before our appointment.

Cancellation policy: Please provide at least 48 hours notice to avoid a \$50 cancellation fee.

There are options to purchase a package:

\$310.00 for - 3 session

\$910.00 -10 sessions

\$75.00 for a 30 minute boost

Anchor Wellness Coaching sessions are face-to-face, Zoom or telephone coaching. Mentoring may address specific personal struggles, boundary and time management needs, home and family management, addiction, unwanted behaviors, relationship challenges. Other areas may include, brainstorming, identifying plans of action, examining modes of operation in life, asking clarifying questions, and making empowering requests or suggestions for action to live in one's personal values. Each session will highlight an action steps to follow, often using a thought-provoking graphic created by Anchor Wellness or other resources to promote processing and personal accountability.

In the mentoring relationship, the mentor plays the role of a facilitator of change, but it is the client's

responsibility to enact or bring about the change.

If the client believes our time is not working as desired, the client will communicate this as soon as possible to address the client's desired outcome of our time.

I, Robin Betz, am not a registered psychologist or psychiatrist, nor a licensed therapist. I do not engage in therapy with my clients. In entering this mentoring relationship, and signing the agreement, you are agreeing that if any mental health difficulties arise during our working mentoring relationship, you will obtain specific professional help out of my scope of experience, if possible. I encourage you to notify me immediately so that I can further encourage you and discuss with you an appropriate referral and or obtain the support you need from a professional.

Confidentiality

All information about the mentor/client relationship will remain strictly confidential except in rare circumstances where decreed by law, i.e.. where the court might issue a subpoena for the file or information. In addition, if there is a concern of harm to oneself or a child, it may be necessary to file an official report of concern.

If you wish for me as your mentor to speak to someone outside our interactions, you need to give me written permission (original letter or email) to do so. Exceptions to confidentiality of course relate to circumstances such as intent to seriously harm someone, child abuse, thoughts of suicide etc.

It is also important to note that in some situations, it is important to be aware of the use of technology in that for some clients, there is a risk in using certain media such as the internet and mobile phones. If you use these to communicate with me, then I will assume that it is appropriate to continue to do so in my interactions with you.

Release of Liability

Anchor Wellness Coaching and Mentoring is a service that provides personal mentoring to specific individuals. The client is aware that our time together is not a substitute for psychological counseling or any other type of therapy.

Clients requesting such advice agree not to hold Robin Betz Anchor Wellness LLC responsible or liable in any form or fashion, for such actions taken of their own accord.

You (the client) agree that using any of these mentoring services are entirely at your own risk. Any actions or lack of actions, taken by the client from our Mentoring sessions is solely by choice and responsibility of the client and is neither the responsibility nor liability of Robin Betz Anchor Wellness LLC. The client takes full responsibility in the decisions they make after meeting as well as the consequences. Periodically I,

Robin Betz Anchor Wellness LLC, may provide links to other web sites or written print material which may be of value, interest, and convenience to you. This does not constitute endorsement of material at those sites or any associated organization product of service. It is the responsibility of the user to make

their own informed decision about the accuracy of the information at those sites and print material including their privacy policies. In no event shall Robin Betz Anchor Wellness LLC be liable for any incident or consequential damages resulting from use of the material.

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Client

Date