



Remote Life Coaching



GROWTH WITHOUT BORDERS

Christ-Centered Coaching Agreement

*Walking alongside emerging and seasoned leaders
as they discover and embrace their place in God's story
and faithfully step into the next chapter of their lives.*

Dr. Scott Olson

Founder & Christ-Centered Coach

[Remote Life Coaching](#)

Effective Date: July 2026

Introduction

Thank you for choosing Remote Life Coaching. It is my privilege to walk alongside you as you seek greater clarity, discern God's work in your story, and faithfully step into the next chapter of your life. This agreement explains the nature of our coaching relationship, clarifies expectations, and establishes the terms under which coaching services are provided. By purchasing coaching services or participating in coaching sessions, you acknowledge that you have read, understood, and agree to these terms.

1. Nature of Christ-Centered Coaching

Remote Life Coaching provides Christ-centered coaching designed to encourage, equip, and walk alongside emerging and seasoned leaders as they discover and embrace their place in God's story. Coaching creates space to slow down, reflect on your experiences, recognize patterns, explore possibilities, and discern the next faithful steps God may be inviting you to take.

The coaching relationship is collaborative. Rather than providing all the answers, coaching uses thoughtful questions, reflection, conversation, encouragement, and practical application to help you gain perspective, embrace growth, and move forward with greater clarity and purpose. While coaching provides guidance, encouragement, and support, you remain responsible for your own decisions, choices, actions, and outcomes.

2. Coaching Is Not Counseling, Therapy, or Medical Care

Remote Life Coaching is **NOT** *psychotherapy, counseling, psychiatric care, mental health treatment, medical care, legal advice, financial advice, or crisis intervention*. Coaching does not diagnose, treat, prevent, or cure mental health disorders, psychological conditions, or medical conditions. No therapist-client, counselor-client, physician-patient, attorney-client, or other professional relationship is created through participation in coaching.

If you are experiencing significant emotional distress, mental health concerns, or circumstances requiring clinical care, coaching is not a substitute for appropriate services provided by a licensed professional.

3. Mental Health and Crisis Policy

Because coaching is not counseling or therapy, certain situations fall outside the scope of the coaching relationship. If, at any time, I believe your needs would be better served by a licensed mental health professional, healthcare provider, or other qualified professional, I reserve the right to recommend appropriate services and, when necessary, suspend or terminate the coaching relationship.

This includes, but is not limited to, situations involving:

- Suicidal thoughts, suicidal ideation, or expressions of intent to harm oneself
- Self-harm behaviors
- Threats of harm toward others
- Severe emotional distress requiring clinical intervention
- Symptoms or concerns consistent with a mental health condition requiring diagnosis or treatment
- Circumstances beyond the ethical and professional scope of coaching

Remote Life Coaching does not diagnose mental health conditions. However, when concerns arise that appear to require professional evaluation or treatment, referral to an appropriately licensed professional may be recommended.

If you are experiencing an emergency or immediate danger, please contact emergency services by calling 911, visiting the nearest emergency department, or contacting an appropriate crisis resource.

4. Scope of Coaching

Christ-centered coaching may include areas such as:

- Life transitions and seasons
- Calling and purpose
- Leadership development
- Vocation and career discernment
- Ministry leadership
- Spiritual formation
- Health and personal growth
- Relationships
- Decision-making
- Goal clarification
- Personal effectiveness
- Stewardship of gifts, responsibilities, and opportunities

Coaching is designed to support growth, reflection, and discernment—not to provide professional counseling or clinical treatment.

5. Client Responsibilities

As a coaching client, you acknowledge that:

- You are responsible for your own choices, decisions, and actions.
- You are responsible for applying insights gained through coaching.
- Coaching outcomes cannot be guaranteed.
- Personal growth requires honesty, openness, reflection, and participation.
- You determine what actions you choose to take based on coaching conversations.
- Coaching is a partnership, not a guarantee of specific results.

6. Coach Responsibilities

As your coach, I commit to:

- Providing a respectful, compassionate, and Christ-centered coaching environment.
- Listening carefully to your story.
- Asking thoughtful questions that encourage reflection and growth.
- Offering perspective, encouragement, and support.
- Honoring your dignity, autonomy, and unique journey.
- Maintaining appropriate professional boundaries.
- Providing coaching within my experience and scope of competence.

7. Confidentiality

Your story matters. Information shared during coaching conversations will be treated with respect and confidentiality. However, confidentiality has appropriate limits. Information may be disclosed when:

- Required by law.
- There is reasonable concern that you may cause imminent harm to yourself or another person.
- Reporting is required due to abuse, neglect, or other legally mandated circumstances.
- Disclosure is required by lawful court order.

Except for these circumstances, your personal information will not be shared without your permission.

8. Virtual Coaching

Coaching sessions are conducted remotely through electronic communication platforms. While reasonable efforts are made to protect privacy and confidentiality, electronic communication involves inherent security risks. By participating in remote coaching, you acknowledge and consent to receiving coaching services through virtual means.

9. Session Recording

Coaching sessions will not be recorded by either party unless both the coach and client provide prior verbal or written consent.

10. Communication Between Sessions

Email communication may be used for:

- Scheduling appointments
- Sharing resources
- Brief coaching-related questions

Email is not intended for emergencies, crisis situations, or ongoing coaching conversations outside scheduled sessions unless specifically agreed upon.

11. Coaching Packages

Coaching services are offered through coaching packages (“Journeys”). Packages include the number of sessions purchased and are non-transferable. Unless otherwise agreed upon in writing, coaching packages expire twelve (12) months from the date of purchase.

12. Scheduling, Rescheduling, and Cancellation Policy

Clients are responsible for scheduling coaching sessions. Sessions cancelled or rescheduled with at least twenty-four (24) hours' notice may be rescheduled. Sessions cancelled with less than twenty-four (24) hours' notice or missed without notice may be considered completed and deducted from the coaching package. Exceptions may be made at the coach's discretion for emergencies or unexpected circumstances.

13. Fees, Payments, and Refunds

Payment is due prior to the beginning of coaching services unless another arrangement has been agreed upon in writing (i.e. a payment plan). Because coaching packages reserve time and availability, refunds are generally not provided for completed sessions. If coaching ends before all purchased sessions are completed, refunds for unused sessions will be determined at the discretion of Remote Life Coaching unless otherwise required by applicable law.

14. No Guarantees

Every person's journey is unique. While coaching may provide meaningful insight, encouragement, growth, and clarity, Remote Life Coaching does not guarantee specific outcomes related to personal growth, relationships, vocation, ministry opportunities, health, finances, leadership success, or other life circumstances.

15. Limitation of Liability

To the fullest extent permitted by law, Remote Life Coaching and Scott Olson shall not be liable for indirect, incidental, consequential, special, or punitive damages arising from participation in coaching services. By participating in coaching, you acknowledge responsibility for your own choices and decisions.

16. Indemnification

You agree to hold harmless and indemnify Remote Life Coaching and Scott Olson from claims, liabilities, damages, expenses, or losses arising from your own decisions, actions, or use of coaching services, except where prohibited by law.

17. Governing Law

This agreement shall be governed by and interpreted according to the laws of the State of Colorado. Any legal proceedings arising from this agreement shall take place in the appropriate courts located within the State of Colorado unless otherwise required by law.

18. Force Majeure

Neither party shall be responsible for delays or inability to provide or receive coaching services due to circumstances beyond reasonable control, including but not limited to:

- Natural disasters
- Internet outages
- Illness
- Government actions
- Acts of God
- Other unforeseen circumstances

19. Entire Agreement

This agreement represents the complete understanding between Remote Life Coaching and the client regarding coaching services. It supersedes previous discussions, communications, or agreements related to the coaching relationship. If any provision of this agreement is found to be unenforceable, the remaining provisions shall continue in full force and effect.

20. Client Acknowledgment and Agreement

By purchasing coaching services or participating in coaching sessions, I acknowledge that:

- I have read and understand this Christ-Centered Coaching Agreement.
- I understand that coaching is not counseling, psychotherapy, medical care, or mental health treatment.
- I understand the scope and limitations of coaching.
- I understand the confidentiality policy and its limitations.
- I understand my responsibilities as a coaching client.
- I voluntarily agree to participate in Christ-centered coaching with Remote Life Coaching under these terms.