



www.powermentalperformance.com

Roger Kitchen, Jr.

Certified Mental Skills Coach

Certified Emotional Intelligence Specialist (EQ)

Everything DiSC Certified Trainer

Accredited Facilitator – Five Behaviors of a Cohesive Team

Mental Skills Coaching Agreement

I, _____, hereby give my permission to Roger Kitchen Jr. to apply his knowledge of the theories, research and techniques in the field of Mental Skills coaching. These may include, but are not limited to:

1. Teaching specific performance enhancement skills for application in sport, exercise, and life.
2. Helping clients understand, measure, and improve elements of their performance through mental performance strategies.
3. Educating on topics including but not limited to: communication, leadership, team cohesion, and self-development.

GROUND RULES FOR COACHING SESSION

- Be on time and prepared (session will be cancelled if the client is 15 minutes late and will result in a session fee of \$75)
- Be fully engaged in the session
- Provide 24 hours' notice if unable to attend a session ("no-show" will result in a session fee of \$75)

CONFIDENTIALITY AND ITS EXCEPTIONS

Information shared by you in session will be kept in strict confidence. However, in the event the client is to potentially cause harm to oneself or another, or there are signs of abuse (e.g., child abuse, elder abuse), Roger Kitchen Jr. is required by law to break confidentiality and will inform and make appropriate referrals to keep the client or the intended subject safe. In addition, if there are suspects of habitual substance abuse, this may also be grounds to break confidentiality.

In the event something arises that is outside Roger Kitchen Jr.'s scope of practice, a referral will be made to the client to seek an outside professional referral. In some

instances, especially when working with minors, Mr. Kitchen Jr. may also break confidentiality and tell the parent/guardian about a referral if Mr. Kitchen Jr. feels this is appropriate (i.e., in the best interest of the client).

Signature of Client

Date

Signature of Parent/Guardian (If client is under the age of 18)

Date

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