

Jeffery J Horacek, O.D., C.N.C.

JeffHoracek.com

Consulting/Coaching/Guidance Agreement

1. Consulting sessions will generally be nutritional wellness-oriented, giving you my expert guidance and advice in a teaching capacity to help you become whole and well physically and mentally sharp. **Coaching** sessions or relationships will generally be addressing your personal goals and God's plan and design for you and will primarily entail the asking of pertinent questions to help you ultimately achieve excellence and success through God's plan. As a coach, I am partnering with you and keeping you accountable to the solutions, methods, and actions that you primarily arrive at yourself with my assistance in guiding your thinking and options. **Guidance** sessions or relationships will primarily be spiritually focused on your growth and stronger relationships with God and others. Acting in a guidance capacity, I am your spiritual mentor, guide, prayer warrior, and accountability partner for the session or term of service.

2. Consulting, Coaching, and Guidance are *not* counseling, therapy, healthcare or treatment for any illness or disorder, but are intended for the generally well individual to propel them to increased wellness and excellence in body, mind, and spirit and a life of success. All underlying severe physical or mental and emotional issues must first be addressed by qualified counselors and health care practitioners.

3. In whatever capacity I am in session with you—**consulting, coaching, or guidance**—we will be primarily following their appropriate and unique techniques, methodology, and course of action to address your main concerns and areas desired for improvement. Each session type is unique, specific, and separate, and clients may need or desire multiple sessions of the various types or ongoing professional session relationships for a period of time. For instance, one or more *nutritional consultations* may be desired or necessary to meet your physical wellness needs, and/or with a *life coaching* session or ongoing sessions to put you on course with God's life plan and purpose, and/or with a *spiritual guidance* session or ongoing sessions to bring you to a place of spiritual maturity, wisdom, and closer relationship with God.

4. Please note that *each* session, whether **consulting, coaching, or guidance**, will include 2 or more hours of *my* time—**one hour is for direct communication with the client** via email, phone, fax, or online video meeting, and one hour or more will be for my preparation, research into specific topics that may need attention, document and note preparation, and any digital or hard copy documents or information prepared for the client. Some documents may be provided to the client at no charge, but some documents and resources will only be available for the client to purchase if they choose to do so.

Each session with the client may include any combination of the following for a total of a one-hour session:

- 60 minutes of online video meetings via Doxy.me or similar telehealth communication; **or**
- 60 minutes of direct phone communication; **or**
- *Approximately* 12 email communications sent by me to you, the client; **or**
- *Approximately* 6 faxes (handwritten or document communications); **or** any combination thereof with the equivalent of one hour of session time.

[Session time commences *after* the initial collection of client information and signed agreement form.]

5. Fees for *each* session are as currently listed on my website, JeffHoracek.com, and are subject to change without notice, and all fees are *nonrefundable*. All fees for sessions will be paid through my website unless other specific arrangements are made beforehand.

6. Once a session has been purchased through my website, you will be contacted within 48 hours via email to start the process. There will be a few required forms to fill out, including a *Contact Information Form* and a signed and dated *Consulting/Coaching/Guidance Agreement* form (this document) and possibly others as may be required.

7. All client information is strictly confidential and will not be shared with any other individual or entity under any circumstances unless deemed necessary by law or court order.

Disclaimer

The content, information, recommendations, and advice available on the website, JeffHoracek.com, or from direct consultation with Jeffery J Horacek, O.D., are intended strictly for informational and educational purposes only and are *not* intended in any way to circumvent or take the place of advice and treatment from a personal physician. All readers/viewers of this information or in direct consultation with Dr. Horacek are admonished to consult their doctor or qualified health-care professional about all specific issues and conditions. Neither Dr. Horacek nor JeffHoracek.com takes responsibility for any health-related consequences for those following any and all information provided through this website or directly from Dr. Horacek through any and all means. You are hereby in all agreement and accord with these statements and release all liability pertaining to all information and services provided through all encounters, sessions, and relationships with Dr. Horacek and JeffHoracek.com.

Signature of **Client**

Date

Signature of Jeffery J Horacek

Date

Jeffery J Horacek, O.D., C.N.C.
JeffHoracek.com admin@jeffhoracek.com