



The Grounded Expat

COACHING AGREEMENT

1 Who I am, and what this is

I'm Stephanie Johnson. I offer one to one coaching for people living abroad, through The Grounded Expat.

I'm also a licensed clinical social worker in Washington State. I'm telling you that because it's part of why I'm able to do this work well, and because you should understand clearly that **I am not acting as your therapist here**. Coaching is a different relationship with different rules, and this agreement lays them out.

2 Coaching is not therapy

Coaching is not therapy, counseling, mental health treatment, or healthcare of any kind.

In our work together I won't diagnose anything, treat any condition, or keep clinical records. This isn't covered by health insurance and I can't provide documentation for reimbursement.

Coaching looks forward. We work on what you're trying to figure out, decide, or change. It starts from the assumption that you're capable and resourceful and that the decisions are yours.

3 If something comes up that needs more than coaching

Sometimes something surfaces in coaching that would be better served by therapy or medical care. If I think that's happening, I'll tell you directly. I might suggest working with a therapist alongside coaching, or instead of it, and I'll help you think through how to find one.

I can't become your therapist. Not now and not later. Because we have a coaching relationship, I won't be able to take you on as a therapy client at any point. For the same reason, I can't offer coaching to anyone who is currently a client of the practice where I work as a therapist.

4 This is not a crisis service

I'm not available for emergencies, and I don't monitor messages between sessions.

If you're in crisis, thinking about hurting yourself or someone else, or you need urgent help, contact your local emergency number, go to your nearest emergency department, or reach a crisis line. In the United States, **call or text 988**. If you're somewhere else, **findahelpline.com** lists services by country.

Please make sure you know the emergency number where you actually are. We may be living in different countries, and I won't always know the right one for your location.

5 Confidentiality, and its limits

What you tell me stays between us. I don't share it, I don't sell it, and I don't use it in my writing, my newsletter, or anything I post. If I ever wanted to refer to something from our work, even in general terms, I'd ask you first, and you're free to say no.

There are limits you should know about before you tell me anything:

- **Coaching doesn't carry the legal privilege that therapy does.** If a court ordered me to hand over records or testify, I couldn't protect our conversations the way a therapist could.
- **I hold a clinical license, and some reporting duties attach to the license rather than to the role I'm in.** If I learn about abuse or neglect of a child or a vulnerable adult, I may be legally required to report it.
- **If I believe you're at serious risk of harming yourself or someone else,** I may break confidentiality in order to keep someone safe.

I keep any notes to a minimum, store them securely, and they are not clinical records.

6 Sessions, scheduling, and cancellation

Sessions are 60 minutes, by video. You book them through my scheduling link.

We're likely in different time zones. Your confirmation shows the time in yours, so please double check it, particularly around daylight saving changes.

If you need to move a session, please give me at least **24 hours**. A cancellation inside 24 hours, or a session you don't show up for, counts as used. If I need to cancel, I'll reschedule at no cost to you.

7 Payment

Payment is made in advance, through Stripe.

A single session \$175

The Crossing Six sessions for \$895, paid up front

Package expiry Sessions are meant to be used within six months of purchase

If you've bought a package and decide it isn't right for you, tell me, and I'll refund the sessions you haven't used. Once a session has taken place, it isn't refundable.

8 Recording

Neither of us records a session without the other's clear agreement.

9 Between sessions

If something practical comes up, email me. I'll usually reply within a couple of business days.

The coaching itself happens in sessions, not over email, and I'm not available for ongoing support between them.

10 Your part in this

Coaching works when you bring things to it and act on what you decide.

What you do with our conversations is your choice and your responsibility. I don't promise particular outcomes, and I can't guarantee any specific result from this work.

11 Ending it

Either of us can end the coaching relationship at any time, for any reason, and neither of us has to explain. If you've prepaid for sessions you haven't used, I'll refund them.

12 Governing law

This agreement is governed by the laws of the State of Washington, United States. If any part of it turns out to be unenforceable, the rest of it still stands.

13 Your agreement

By booking and paying for a session, you're confirming that you've read this, that you understand coaching is not therapy, and that you agree to what's written here.

NAME

DATE