

VOLUNTEER CLIENT AGREEMENT

Coaching Practice Session Participation

Program: HG Institute Coach Elementals Quest (NBHWC Approved Training Program)
Session Type: Practical Skills Assessment - Role-Play Coaching Session

1. PURPOSE AND SCOPE

This agreement governs your voluntary participation as a practice client in a role-play coaching session designed for educational purposes only. This session is part of a Practical Skills Assessment for coach-in-training certification through a National Board for Health & Wellness Coaching (NBHWC) approved program.

IMPORTANT: This session is for training purposes only and will not provide actual health advice, diagnosis, or treatment.

2. VOLUNTEER CLIENT RESPONSIBILITIES

As a volunteer client, you agree to:

2.1 Role Participation

Engage authentically in a role-play coaching session by discussing a genuine health or wellness goal, such as:

- Improving nutrition
- Managing stress
- Enhancing sleep quality
- Increasing physical activity
- Achieving better work-life balance
- Other wellness-related objectives

2.2 Session Engagement

Participate in natural, open dialogue with the coach-in-training as if this were an early session in a real coaching relationship. No detailed script preparation is required.

2.3 Boundary Management

Exercise healthy boundaries and self-care throughout the session. You retain the right to:

- Decline answering any question
- Redirect conversation topics
- Limit personal disclosure to your comfort level

- Prioritize your well-being at all times

3. SESSION PARAMETERS

3.1 Format: Role-play coaching conversation

3.2 Duration: Approximately 30 minutes

3.3 Focus Areas: Coach-in-training will practice listening skills, presence, and client support techniques

3.4 Educational Objective: Provide realistic coaching practice experience

4. RECORDING AND DATA USE

4.1 Recording Policy

This session will be recorded for educational evaluation purposes.

4.2 Access and Storage

- Recordings will be stored securely with access limited to instructors and evaluators with legitimate educational need
- Your identifying information will be removed when possible
- Recordings may be shared with NBHWC for program reporting, audit, or quality assurance purposes

4.3 Retention and Disposal

Recordings will be deleted or securely archived following evaluation completion, in accordance with program policy.

5. PARTICIPANT RIGHTS

5.1 Voluntary Participation

Your participation is entirely voluntary. You may discontinue participation at any time without penalty or consequence.

5.2 Informed Consent

You acknowledge understanding of the session's nature, purpose, and intended use of recordings.

5.3 Privacy Protection

Personal information disclosed during the session will not be shared beyond the stated educational purposes outlined in this agreement.

5.4 Confidentiality

All session content will be treated confidentially within the scope of the educational program requirements.

6. ACKNOWLEDGMENT OF CONTRIBUTION

Your voluntary participation directly supports the professional development of future NBHWC certified coaches. By sharing your time and perspective, you

contribute meaningfully to the quality and integrity of the health and wellness coaching profession.

7. CONSENT AND SIGNATURES

By signing below, I acknowledge that:

- I have read and fully understand this agreement
- I consent to participate in the role-play coaching session as described
- I consent to recording, storage, and limited educational sharing of the session
- I understand my rights and responsibilities as outlined above
- I confirm my participation is voluntary

VOLUNTEER CLIENT

COACH-IN-TRAINING

Signature: _____ Date: _____

Signature: _____ Date: _____

Print Name: _____

Print Name: Abhishek Rakshit

Email: _____

Program Cohort/ID: Fireforged

This agreement becomes effective upon execution by both parties and remains valid for the duration of the specified coaching session and subsequent evaluation period.