

Infinity Mind & Body Wellness Coaching Agreement

Rooted in the Infinity Principle – Align. Empower. Transform.

This Coaching Agreement is made between **Alyssa Kwiatek**, Board Certified Integrative Health Practitioner and Founder of *Infinity Mind & Body Wellness, LLC* (“Coach”), and the undersigned client (“Client”) with the shared goal of cultivating personal growth, self-awareness, and sustainable health through intentional and collaborative wellness coaching.

1. Shared Commitment

At *Infinity Mind & Body Wellness*, coaching is not a quick fix—it’s a partnership grounded in mutual trust, effort, and accountability. As your coach, I commit to showing up with presence, compassion, expertise, and encouragement. In return, I ask that you commit to showing up for yourself: with honesty, openness, and the willingness to take empowered steps toward your goals.

Healing is a process. Transformation takes intention. And lasting change begins with consistency.

2. What to Expect

As part of your personalized wellness journey, we may explore and work through:

- Your health history, lifestyle patterns, and current concerns
- Functional lab test interpretation (if applicable)
- Nutrition, supplement, and detox protocols
- Hormone, gut, metabolic, or stress-related imbalances
- Mind-body practices such as breathwork, grounding, and stress relief
- Custom recommendations to support your physical, emotional, and spiritual wellness

My role is to educate, guide, and empower—not to diagnose, treat, or cure. This space is for transformation, not perfection.

3. What’s Expected of You

As a client, your role is just as important as mine. Your active participation is essential to your progress. This includes:

- Attending your sessions with presence and honesty
- Following through with small steps and lifestyle shifts between sessions
- Communicating openly about what is or isn’t working
- Reaching out through your designated coaching platform if support is needed
- Giving yourself grace while staying committed to the process

You are the expert of your body—I’m here to help you reconnect with it.

4. The Coaching Relationship

This coaching space is confidential, respectful, and collaborative. You will never be judged. All personal information is protected and held with care. We may laugh, reflect, challenge habits, and celebrate wins. We will go at your pace, but we will not stay stuck.

5. Your Time & Energy

Consistency is key to progress. Please do your best to keep scheduled appointments. If something comes up, provide at least 24 hours' notice to reschedule. You deserve to give this journey the time, space, and energy it asks of you.

6. Acknowledgment

By signing this agreement, you acknowledge this is an intentional partnership. You understand that the true results come from your willingness to act and to be supported. This agreement is a commitment to your healing—not only physically, but mentally and emotionally as well.

Client Name: _____

Client Signature: _____

Date: _____