

Dear Member,

Somewhere along the timeline, primarily in American History, our thinking and understanding regarding the idea of coaching or “leadership” has gotten a bit off kilter. What leadership once meant has been slowly changed to fit the most popular terminology of the day. But, what we here at HPHI are interested in is the most efficacious meaning of **Leadership**. What should it mean to “lead” another in regards to health? Below, you’ll find a bit of a synopsis of our understanding of it:

Health Coaching (leadership) is most effective when:

- The conversation had, within it, changes the course of each participants’ thinking. That change in thinking will change all lives for the better.
- It changes the habits, routines, and lifestyle of the participants, which inevitably affects their health destiny.
- It necessitates change and evolution in a way that things (lifestyle and habits) cannot remain the way they once were.
- It incorporates true “caring” for the participants. (Not allowing one to default themselves)

What does it mean to truly “care for” another? Culturally, in America, we have allowed our skewed feelings and sympathy to determine what we feel the other person deserves in regards to their wants and desires. Yet, effective caring has nothing to do with indulging in others’ petty self-interests. We believe caring for another depends upon what is in their best *long-term* interests, not in their immediate discomforts or grievances. We believe in cultivating and participating in an environment that creates relevance for the client in regards to their health and performance. This most often leads to healthier and more meaningful lives. To care for one’s self means doing whatever is necessary to avoid defaulting yourself. To NOT care for one’s self means failing to own the problem of making the right choices. And in regards to our health, as with most things in life, all we have are choices to make and consequences to bear as a result of those choices.

We believe that true healing occurs once the patient decides to become an active participant in their own healing process. These patients take charge of their health and are willing to make the necessary lifestyle changes. They ask all of the necessary questions and do not shy away from any of the answers, no matter how uncomfortable they might be. They get to know themselves as they currently are, and continue the journey into what they ought to be. They undo the notion that they are a victim to any and all health afflictions and the idea that they have no control over the process.

Our role, organizationally, is not to do for people what they *could and should* be doing for themselves. It is not to be anyone’s “mother” or, on the opposite side of the spectrum, to play “drill sergeant.” Our role is to make it necessary, initially, for the client to be fully competent in their lifestyle roles, until they can begin to make it necessary for themselves. Our role is to work ourselves out of a job with each and every client; to eventually have them become instruments of their own destiny.

The Process:

Similar to most areas of life, there are no shortcuts or recipes to changing health and lifestyle habits. Each person brings their own individual strengths and weaknesses to the arena. We take an individual approach with each and every client that we agree to work with. However, there are a few similarities to the process:

- We utilize a variety of software to suit the need of the client. Our aim is to gain access to their lifestyle and daily choices without having to follow, or be with, them 24/7.
- Our recommendations will depend upon the client's individual goals. From then on, the tweaks and suggestions will depend upon how the client is reacting to the suggestions and changes made.
- We utilize laboratory testing and supplementation only as necessary or upon request from the client. If the client insists upon running testing, then we will suggest the most appropriate and economic means of doing so. However, if we do suggest testing or supplementation, the client is not in any way obligated to partake in either.

The Clients Commitment:

I, here and now, commit to creating a master plan that will make me healthier today, at the end of this year, and every year thereafter. I further commit to investing the time, energy, and money required to reach my ideal health and to keep a journal to track my progress.

I understand that by keeping my word and doing what I say that I will, and all that I and my coach agree to together, that I have no choice but to succeed in my health endeavors.

_____ Date: _____

I _____ (Print Name) hereby agree to all terms and conditions of this relationship for my personal health assessment, coaching, and treatments. I understand that this is not a traditional health clinic and insurance is not accepted. I also understand and agree when my Functional Medicine Practitioner and or Physician recommends an outside specialist for any of my health conditions that may arise they will not be covered by my membership to High Performance Health Institute.

This (twelve) 12-month agreement costing \$222.00 per month covers my weekly nutritional and lifestyle coaching, annual wellness evaluation and assessment, all virtual clinical assessments, up to 4 clinic visits a year, personal health advocacy, and wearable integration and interpretation.

I also understand that after signing, I have up to 15 days to cancel this agreement unless I have already received my initial assessment.

By signing below, I agree to this one year term covering all of the above terms and conditions and further agree that my credit card can be charged on the 1st of each calendar month after pro-rating the remainder of the first month. IF the card becomes unbillable at any point, I agree to provide HPHI with a new card to cover the remainder of the term of the agreement or a penalty may be applied.

Name:

Date: