



Mental Performance Coaching

Athlete Information & Objectives

Please complete the all five pages for our records—prior to coaching. When done, scan and email all five pages to zenfocus5777@gmail.com. For any questions, contact Zenda Griebenow at 678 372-0622.

Today's Date: _____

Athlete Information

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ FaceTime: _____

Student Email: _____

[] Male or [] Female Age: _____ Parent Email: _____

Sport: _____ Years playing sport(s)? _____

Athlete Objectives for Mental Coaching

1. _____
2. _____
3. _____
4. _____
5. _____

Sport Background (Please provide a short history of your background in sports including your success at the various levels, awards received, and major events of your career. Attach additional page if necessary. Also attach performance stats your have kept).



Mental Performance Coaching

Payment Information

Type of Payment: ☐ Zelle ☐ Cash ☐ Check (check one)

Name: _____

Billing Address: _____

Email Address: _____

Telephone Number: _____

Authorized Signature:

Date:

For office use only

Payment #	Payment Date	Amount	Capture #
1	____/____/____	\$_____.00	_____
2	____/____/____	\$_____.00	_____
3	____/____/____	\$_____.00	_____
4	____/____/____	\$_____.00	_____
5	____/____/____	\$_____.00	_____
6	____/____/____	\$_____.00	_____
7	____/____/____	\$_____.00	_____
8	____/____/____	\$_____.00	_____

ZenFocus Service Agreement

Mental Coaching Terms and Conditions

Term of Mental Coaching Relationship

Please select your initial mental coaching plan below. You can upgrade any plan at any time. All programs are billed monthly.

COMPREHENSIVE PROGRAM: ☐ 1-month (\$400); ☐ 3-month (\$1140); or ☐ 6-month (\$2160); ☐ 8-month (\$2880)

HOURLY PROGRAM: ☐ Individual Sessions (\$120)

Client can choose to renew coaching plan with verbal or written permission beyond the Initial plan or term for an additional one-month term, (a "Renewal Term"). Renewal of any plan will be discussed with client prior to any additional charges made. ZenFocus may terminate our coaching relationship at any time and for any reason by providing written notice of termination to student and refunding a pro rata portion of fees paid for services not yet rendered.

Deposits and Fees for Comprehensive Mental Coaching Programs

The first month's payment is payable on the day of the first session. This initial payment will pay the first month's coaching fee for Comprehensive programs. Subsequent months, if applicable, are billed automatically as per the coaching plan (see below) or renewal of coaching plan. If paying by check, full payment for entire program is required on or before the first coaching session.

Deposit and Fees for Hourly Mental Coaching Programs

Payment is due on the day services are rendered.

Payments

Payments can be made by Zelle, Cash or Personal Check. If payment is not received, coaching sessions will cease until payment is made to Zenda Griebenow. You will receive a confirmation by email/text after payment is successfully received.

Services and Results

There is no implied or expressed guarantee that services provided by ZenFocus will result in improved performance or earnings. The results you obtain from ZenFocus coaching vary widely depending on but not limited to: athlete's motivation level, cooperation, and ability to implement and make changes; or other aspects which neither party has control over.

Waiver

I agree to save and hold harmless and indemnify ZenFocusZenTennis, Zenda Griebenow, their employees, affiliates, directors, successors, agents, and assigns from all liability, loss, cost, claim or damage whatsoever, including death or damage to property, which may be imposed upon said client because of any defect in or lack of such capacity to so act or caused or alleged to be caused in whole or in part by the negligence of the client. I have read the above waiver/release and understand that I have given up substantial rights by signing this release and sign below voluntarily.

This contract shall be governed in all respects by the law of the State of Georgia, the United States of America. In the event of a legal dispute or claim between the parties arising out of or in connection with this agreement, litigation shall take place exclusively in Forsyth County, Ga and in such instance, the prevailing party shall be entitled to recover attorney fees and costs incurred at all trial levels.

I have read, understand, and accept the above coaching terms and conditions.

Student or Parent Signature

ZenFocus/ZenTennis

Confidentiality Agreement & Scope of Work

Student/Client Confidentiality Policy

ZenFocus/ZenTennis and Zenda Griebenow respect the rights of student's privacy and confidentiality. ZenFocus/ZenTennis agrees to maintain student/coach confidentiality and not discuss details of student's case with other persons unless ZenFocus/ZenTennis obtains written permission from student prior to discussing details of a student's case. When working with minors under the age of 18, it may be helpful for ZenFocus/ZenTennis to discuss student's case with student's parent or guardian. In this case, student can give written authority to ZenFocus/ZenTennis to discuss his or her case with parents only by writing initials below.

_____ Please initial if you give permission to ZenFocus to discuss case with parents.

Use of Name or Likeness in Promotional Materials

As a student of ZenFocus/ZenTennis, you agree to allow ZenFocus/ZenTennis to list student's name on the ZenFocus and ZenTennis website as a student of Zenda Griebenow. In addition, student agrees to allow ZenFocus/ZenTennis to use student endorsements related to performance improvements gained from mental game coaching and to use such endorsements in promotional materials (brochures, books, or websites). This agreement does not allow ZenFocus/ZenTennis or Zenda Griebenow to divulge any details of our relationship other than you are a student of ZenFocus/ZenTennis and/or have freely given a statement on the benefits of mental game coaching.

_____ Student's initials (or parent's if under the age of 18) if you have read and agree to the above statement

Scope of Mental Game Coaching

You understand that the scope of ZenFocus mental game coaching is defined as instruction and education for the purposes of performance enhancement in sports or careers. As such, you understand that you are entering into an educational program to improve mental skills for performance enhancement only. You further understand that ZenFocus performance and mental game coaching is not psychotherapy, psychological therapy, or psychoanalysis for the diagnosis, rehabilitation, or treatment of psychiatric problems.

_____ Student's initials (or parent's if under the age of 18) if you have read and agree to the above statement

Student or Parent Printed Name

Student or Parent Signature

Date

Mental Coaching Process & Terms

Please observe the following terms and conditions of your mental coaching program:

Weekly Session or Meetings

We'll meet weekly for 45 minutes per session—in person, via phone, FaceTime, or on Zoom. Please contact us with your preferred connection method (see options below).

Weekly Assignments

To improve your success with mental coaching, you'll be asked to complete an exercise, workbook, or assignment between coaching sessions. This is a very important part of the learning process. Please scan and email or text your assignments to Zenda Griebenow prior to your next session.

Preparation for Each Session

At the start of each coaching session, please be ready to discuss (1) two areas you are doing well with and (2) two areas of your mental game you would like to improve.

Communication with Coaches and Parents

Improving your mental game is a team effort. If you would like Zenda Griebenow to speak with a coach, instructor, or parent, please provide the contact information. In most cases, I will ask your permission to talk to parents or coach.

Email and Text Correspondence

All programs include email and text communication between sessions. If you have any questions between sessions about the material or assignments, please email or text Zenda Griebenow.

No Show Policy and Reschedule

If you fail to attend your scheduled session and do not call/email to change your appointment time, the missed session will be deducted from your monthly allotted coaching time. If you have to cancel or reschedule, please call or email us at least five hours prior to the original session.

Connecting Via Internet

If you choose to meet via Facetime or Zoom, please make sure you have an adequate internet connection. It's your responsibility to use adequate Wi-Fi or hard-wired internet connection speeds. We suggest that you have minimum download and upload speeds of 300 Kbps or faster for video conferencing. Please test your internet connection speed here: www.speedtest.net/.

Preferred Method for Weekly Meetings

Please email us how you would like to connect (Phone, Zoom, FaceTime) for each session—if you are not meeting with Zenda Griebenow in person in Cumming. See options below.

____ Student's initials (or parent's if under the age of 18) if you have read and agree to the above terms & conditions of mental coaching.

How to Connect with Zenda Griebenow

- Local: 678 372-0622
- FaceTime: zen10s@hotmail.com or 678 372-0622
- Email: zenfocus5777@gmail.com