

Coaching Agreement and Informed Consent Form

COACHING AGREEMENT AND INFORMED CONSENT FORM

Coaching assumes the mental health of the client. This is a collaborative process that is present and future-oriented. It is action-oriented, solution-focused, and encourages change. It involves accountability and commitment to growth through increased competence, commitment, and confidence.

As the client, you set the agenda for these sessions and your success will largely depend upon your willingness to define goals and try new approaches. You can expect me, as your life coach, to be honest and direct, asking straightforward questions and offering challenging techniques to help you keep moving forward.

It will be solely the responsibility of the client to determine the effectiveness of the services rendered and the competency of the coach.

Coaching is not psychotherapy or counseling. Coaching does not address or diagnose mental disorders as defined by the American Psychiatric Association. Your coaching sessions are not a substitute for counseling, psychotherapy, mental health care, or substance abuse treatment. Psychotherapy is a healthcare service and its primary focus is to identify, diagnose, and treat nervous and mental disorders.

While we are not bound by the laws of HIPPA, confidentiality is an important element of the coaching process. Your identity and ongoing work will be kept strictly confidential. I will only release information about our work with your written permission, or if I am required by court order.

Clients under 18 years of age and their parents: be aware that the law may allow parents to examine their child's treatment records.

First Name: _____ **Last Name:** _____

By signing this disclosure and consent statement, I acknowledge that I understand the above information. I agree to hold harmless [COMPANYNAME] and my coach from all liabilities and claims which may arise as a result of my participation in life coaching.

Signature of Client

Date: _____ dd / mm / yyyy

Signature of Legal Guardian

Date: _____ dd / mm / yyyy

Signature of Coach

Date: _____ dd / mm / yyyy