MindfulGuidance – Coaching Agreements Consent Form

1. As a client, I understand that I am solely responsible for creating and implementing decisions and actions affecting my own physical, mental and emotional well-being. I am also responsible for any results arising out of the coaching relationship, my coaching calls and interactions with the coach.

2. I understand that coaching is a relationship that is designed to facilitate the creation and development of personal, professional, and/or athletic goals and to develop and carry out a strategy or plan for achieving those goals. I understand that I have full ability to give my informed consent, and this pertains not only to agreeing for my coach to assist me in achieving my goals, but also all issues, ideas, suggestions and actions agreed upon throughout the entirety of the coaching process. Furthermore, I understand my coach is not and will not be liable or responsible for any actions or inaction, or for any direct or indirect result of all services provided. I understand that results in any field in which coaching is being delivered to support the agreed upon goals, are not guaranteed.

3. I understand that coaching is a comprehensive process that may involve all areas of my life, including work, finances, health, relationships, educations and recreation, of which these may be discussed in addition to topics/results/outcomes/goals originally outlined at the start of the coaching relationship, and I decide how to handle these issues, incorporate coaching principles into those areas and implementing choices as exclusively my responsibility.

4. I understand that coaching does not involve the diagnosis or treatment of mental disorders, as defined by the Diagnostic and Statistical Manual of Psychiatric Disorders, and that coaching is not to be used as a substitute for counseling, psychotherapy, psychoanalysis, mental health care, substance abuse treatment, or other professional advice by legal, medical or other qualified professionals, and does not prevent, cure, or treat any mental disorder or medical disease. I also understand that my coach is not acting as a mental health counselor or a medical professional and that I have exclusive responsibility to seek such independent professional guidance as needed.

5. I acknowledge that if I am currently in therapy or otherwise under the care of a mental health professional, that I have consulted with this person regarding the advisability of working with a coach at this time, and that this person is aware of my decision to proceed with the coaching relationship. I further give my consent for my coach and therapist to share information that may assist them in helping me to be at my best and create a professional alliance in service of my wellbeing.

6. I understand that according to the ethics of the coaching profession, topics I discuss in sessions may be anonymously and hypothetically shared with other coaching professionals for training, supervision, mentoring, evaluation, and for professional development and/or consultation purposes.

7. I understand that, pertaining to confidentiality, during this coaching relationship, as well as all information (documented or verbal) that I share with the coach as part of this relationship, is bound by the principles of confidentiality set forth in the ICF Code of Ethics, and the coach will not disclose my name as a reference without my consent. However, I am aware that the coach-client relationship is not considered a legally

confidential relationship (like the medical and legal professions) and thus communications are not subject to the protection of any legally recognized privilege.

8. I understand that coaching is not to be used in lieu of professional advice. I will seek professional guidance for legal, medical, financial, business, spiritual, or other matters. I understand that all decisions in these areas are exclusively mine, and I acknowledge that my decisions and actions regarding them are my responsibility.

9. I am aware it is my responsibility to schedule and use my one-month pre-paid package sessions within 3 months, and the 3-month prepaid package sessions within 6 months, and the 6-month pre-paid package sessions within 9 months.

10. I have been informed that I may discontinue the coaching alliance at any time, for any reason. In the case where I have pre-paid for a package, I will be entitled to a partial refund, at the discretion of my coach, if I notify her in writing, within 21 days of our last session, that I wish to end our coaching alliance, due to 1) inability to continue for medical reasons or 2) dissatisfaction with the quality of the coaching. In this instance, my package rate will convert to the individual session rate, and the refund will be prorated, minus any credit card processing fees. If I have simply not used my pre-paid sessions within 3/6/9 months of this agreement, I am aware that I will forfeit any unused portion of the pre-paid package. Alternatively, I may pass along any unused sessions to another person, at the coach's discretion, to be used within a 3-month time-frame.

11. I understand that in order to enhance the coaching alliance and outcomes, I agree to communicate honestly, be open to feedback and assistance and to create the time and energy to participate fully in the process.

I have read and agreed to the above, and have been given a copy to retain.

_____ _____

Name - signed Name - printed

Date _____

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