
Life Coaching Agreement & Consent

Life Coaching Agreement

1. Life coaching is not currently a regulated industry in the state of Pennsylvania. It will be solely the responsibility of the client to determine the effectiveness of the services rendered and the competency of the coach.
2. Life coaching is not psychotherapy or counseling. Life coaching does not address mental disorders as defined by the American Psychiatric Association. Your life 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. Life coaching has both benefits and risks. Risks may include experiencing uncomfortable feelings, such as sadness, guilt, anxiety, anger, frustration, and helplessness, because the initial process often requires discussing and acknowledging where you are in your life and where you want to be. You have sought out a life coach to transform your way of thinking, to accomplish specific goals and to close the gap between where you are and where you would like to be.
3. Life coaching assumes the mental health of the client. Life coaching 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.
4. 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.
5. I am aware that some sessions may make me feel more uncomfortable than others depending on the nature of the discussion. I understand that my life coach will encourage me to push through some of the uncomfortable feelings to identify a solution.
6. As the client, you are aware that if you display signs of psychosis, substance use disorder or symptoms indicative of a mental health disorder, you will be referred to a psychotherapist for counseling or therapy or to a crisis response center for an emergency psychiatric assessment.

Confidentiality

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. The following exceptions will apply:

1. There are a broad range of events that are reportable under child protection statutes. Physical or sexual abuse of a child will be reported to Child Protective Services. When the

victim of child abuse is over age 18, I am not legally mandated to report it unless I believe that there are minors still living with the abuser who may be in danger of being abused. Elder abuse is also required to be reported to the appropriate authorities.

2. If you are at imminent risk to yourself or someone else or make threats of imminent violence against another person, I will take appropriate action.

Fees, Payment Schedule, and Services

1. You agree that our life coaching sessions will take place at least twice per month, in which ever manner you prefer (via in person, by phone, or internet). Each appointment will last for 50 to 60 minutes and the fee is \$135.00 (US) dollars.
2. You may pay by check, money order or credit in person before the session.
3. I request that you provide at least a 24 hour notice if you need to cancel or reschedule your appointment, otherwise you will be responsible for 50% of the session fee.

Acknowledgment and Release of Liability

By typing your full, legal, name, you are signing this disclosure and consent statement.

I _____ acknowledge that I understand the above information. I agree to hold harmless Basic Bliss Life Coaching and Counseling, LLC, and my life coach from all liabilities and claims which may arise as a result of my participation in life coaching. I also acknowledge that this contract is session by session which means that I can discontinue life coaching services at any time free of charge. I am aware that I must notify my coach in person, by email, or by phone at least 24 hours before my next scheduled session.

Signature of client

Date

Signature of legal guardian

Date

Signature of life coach

Date