

Coaching Client Release and Understanding Waiver

1. As a client, I understand and agree that. I am fully responsible for my well being during my coaching calls, including my choices and my decisions. I recognize that coaching is not psychotherapy, medical advice or psychiatric care and that professional referrals will be given if needed.
2. I am aware that life coaching is a relationship I have with my coach that is designed to facilitate and support me toward my goals. (Personal, professional, business, physical, emotional, spiritual and others). Together we will create and design strategies, plans, and actions toward achieving these goals.
3. I understand that life coaching is comprehensive and may involve exploration into all areas of my life, including work, finances health, spiritual, relationships, education and recreation. I acknowledge that deciding how to handle these issues and implement my choices is exclusively my responsibility.
4. I promise that if I am currently in therapy or otherwise under the care of a mental health provider, that I have consulted with this person regarding the advisability of working with a life coach and this person is aware of my decision to proceed with the life coaching relationship.
5. I understand that the information will be held as confidential unless I state otherwise in writing, except as required by law. I f we feel that you are in danger, or are a danger to others, we are required by law to inform the proper authorities.
6. I understand that commitment to the process is important for success. I commit to being on time to sessions and come prepared to be honest with myself and my coach. I will participate in and do the follow-up assignments knowing these are key parts of my growth.
7. I understand that cancellations of an appointment need to be made 24 hours in advance and can be rescheduled. Otherwise missed appointments are neither made up or refunded.