



LIFE COACHING INFORMED CONSENT

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Life Coaching and Psychotherapy

- I understand that life coaching neither treats mental disorders nor conducts mental health evaluations.
- I understand that if my life coach detects or suggests that I suffer from a mental disorder or determines that I need to be evaluated for mental health concerns he/she should refer me to a licensed mental health practitioner.
- I fully understand that life coaching is not psychotherapy or counseling and that professional referrals will be given if needed.
- I certify that if I am currently in therapy or counseling, or otherwise under the care of a mental health professional, that I have consulted with this professional about my working with a life coach. I further certify that this mental health professional is aware of my decision to enter into a life coaching relationship.
- I understand that life coaching is not a substitute for counseling, psychotherapy, psychoanalysis, mental health care or substance abuse treatment and I will not use it in place of any form of psychotherapy.

The Nature of the Life Coach Relationship

- I understand that the purpose of my relationship with my life coach is to create, develop, and facilitate my personal, professional or business goals.
- I understand that the purpose of life coaching is to develop and to implement a strategy, plan, and/or program that is designed to achieve those goals.
- I understand that life 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 my actions regarding them are my responsibility.
- I am aware that I can choose to discontinue coaching at any time.

- I understand that although life coaching is a process that may involve several areas of my life, including career and work, finances, health, and personal and professional relationships, deciding how to manage these issues and implement my choices is solely my responsibility.
- I am aware that I can read more about Board Certified Coaching online or on the web site: <https://www.cce-global.org/Assets/Ethics/BCCcodeofethics.pdf>

Records & Confidentiality

- I understand that information transmitted by me in this life coaching relationship will be kept strictly confidential unless I give explicit, specific permission to release it to specifically designated persons. I understand that the only exception to this confidentiality will occur if the release of personal information is required by law.

I have read and agree to the above.

Client Name (printed): _____

Client Signature: _____ Date: _____