

# Coffee With a Friend

## Life Coaching Agreement

Name:

Home Address:

Phone Number:

Emergency Phone Number:

Please Sign Below to Agreement:

I \_\_\_\_\_ understand that 'Coffee With a Friend' is a Life Coaching session. This is not a substitute for professional Mental Health or Psychiatric Services.

My session will include dialog with my coach and the advice I am given is just the perspective of the coach based on life experience and past success in working with other teens and adults.

I understand that if my coach sees that I have issues that may need to be addressed in a more formal setting, that the coach will recommend that and may not take further appointments until I am seen in that manner.

I understand that my coach is not responsible for the choices I make and the consequences in my daily life and that seeking coaching is a way to help me process my own perspective.

I understand that my coach will use authentic relationship building and casual language to discuss the topics I choose in order for me to see that they are being open to give their true feedback and that feedback is mine to reflect on and determine if it is appropriate for my life.

Signature

Date