

Fireside Grace – Health Coaching Consent & Scope of Practice

Nature of Health Coaching

Health coaching is educational and supportive in nature. It focuses on lifestyle habits, wellness education, and personal growth. It is not medical care, therapy, or mental health treatment.

Scope of Practice

Health coaching may include education on nutrition, stress management, sleep habits, lifestyle changes, and faith-integrated wellness practices. Coaching does not diagnose, treat, or cure disease.

Client Responsibility

Clients remain responsible for their own health decisions and agree to consult licensed medical professionals for medical concerns.

Referrals

If needs fall outside the scope of coaching, referrals to licensed professionals will be provided.

Confidentiality

Information shared is confidential except when disclosure is required by law or safety concerns arise.

Consent

By signing below, I acknowledge that I understand the nature and scope of health coaching and consent to receive services.

Client Name: _____

Signature: _____ Date: _____