

About ME

Name_____

Address_____ Zip_____

Phone_____ Age_____

Occupation_____

Education_____

Coaching vs. Counseling

The relationship between counseling and coaching is closely related. Coaching helps clients work on reaching their goals, create a new life path and improve communications for stronger, better relationships and marriage. Counselors examine the past; look for solutions to emotional issues and a diagnosis required by insurance companies. Counselors assume emotions are a symptom of something wrong; coaches assume they are natural and can be normalized. Therapists diagnose and provide expertise and guidelines; coaches help clients identify the challenges, then work in partnership with clients to obtain their goals. Insurance companies do not cover Professional Coaching.

Coach-Client Relationship

Coaches are the stewards of the process and measure progress in terms of what the client is learning about themselves and the degree to which clients show they are better equipped to meet complex challenges in their lives and relationships.

Setting Goals

Linda may make recommendations for what the goals of the session will be, but I (the client) will make the final decision.

Prior History

I agree to disclose accurate basic identifying information and details of the past or present pertinent to the goals I want to reach. I will discuss any mental health difficulties that arise during the coaching relationship so Linda can provide me with an appropriate referral.

Disclaimer

Linda commits to making clients' safety and well being a top priority. Coaching is not intended to serve as a substitution for psychotherapy. If clients believe that they or someone else may have serious physical or mental health problem, they are advised to call 911 or go to the ER.

I understand Linda is a Professional Life and Relationship Coach certified through Fowler International Academy of Professional Coaching. She is a Certified Career Coach through 34 Strong/Strenghtsfinders, a certified Enneagram Coach and is **not a Licensed Professional Counselor**.

Signature

Date