

INFORMED CONSENT

I am engaging in classwork and coaching with **Christina LaCroix d/b/a FREYA'S WARRIORS**.

- I understand that the services provided are limited to professional coaching, including life coaching and personal coaching.

- I understand that coaching focuses on me identifying my inner strengths and empowerment to accomplish my goals through the effort I choose to put forth participating in the activities and learning experiences.

- I understand that coaching is not therapy or treatment, that coaching is not preventive or curative, and that I am solely responsible to identify and address my own mental, emotional, and physical needs.

- I understand that Christina LaCroix and the coaches and instructors working with her are not licensed psychologists, social workers, marriage and family therapists, psychotherapists, or counselors and that Christina LaCroix and the coaches and instructors working with her do not engage in the practice of psychology, social work, marriage and family therapy, professional counseling, psychotherapy, or addiction counseling as defined in §§ 12-345-201 *et seq.*, C.R.S.

- I understand that I may participate in coaching within a group setting. As a member of a group, I agree to not disclose to anyone outside of the group any information about other members of the group including, but not limited to, names, descriptions, or specifics as to the content of other member's discussions or other member's reactions to the content shared in the group.

- I agree to respect the contributions of other group members and agree to respect others' differences, beliefs, cultures, sexual identities, and other attributes that make each of us a unique and valued individual.

- I understand that Christina LaCroix and the coaches and instructors working with her make no guarantees or warranties to me as to any specific outcome or result. I agree to hold Christina LaCroix and the coaches and instructors working with

her harmless from any claims or damages related in any way to the effectiveness of coaching or my response to coaching.

Signature of Participant

Date