

## *Life Coaching Consent Form*

**Allie Schultz MA, BSN, RN**

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(563) 379-4004

Services provided via video chat, phone, or in person

**Description of Coaching:** Coaching is a partnership (defined as an alliance, not a legal business partnership) between the Coach and the Client in a thought-provoking and creative process that inspires the client to maximize personal and professional potential.

**1) Coach-Client Relationship**

**A.** Client is solely responsible for creating and implementing his/her own physical, mental and emotional well-being, decisions, choices, actions, and results arising out of or resulting from the coaching relationship and his/her coaching calls and interactions with the Coach. As such, the Client agrees that the Coach is not and will not be liable or responsible for any actions or inaction, or for any direct or indirect result of any services provided by the Coach. Client understands coaching is not therapy and does not substitute for therapy if needed, and does not prevent, cure, or treat any mental disorder or medical disease.

**B.** Client further acknowledges that he/she may terminate or discontinue the coaching relationship at any time.

**C.** Client acknowledges that coaching is a comprehensive process that may involve different areas of his or her life, including work, finances, health, relationships, education, and recreation. The Client agrees that deciding how to handle these issues, incorporating coaching principles into those areas and implementing choices are exclusively the Client’s responsibility.

**D.** Client acknowledges that coaching does not involve the diagnosis or treatment of mental disorders as defined by the American Psychiatric Association and that coaching is not to be used as a substitute for counseling, psychotherapy, psychoanalysis, mental health care, substance abuse treatment, or other professional advice by legal, medical or other qualified professionals and that it is the Client’s exclusive responsibility to seek such independent professional guidance as needed.

**E.** The Client understands that although Allie Schultz has her Master of Counseling she is not using her license for the services rendered, she is not presenting herself as a therapist to the Client, and she is not providing psychotherapy to the Client.

**1) Services**

The parties agree to engage in a Coaching Program through video chat, phone, or in person sessions.

**2) Schedule and Fees**

The fee is:

$50 USD per session

Payment is due via Square (Schultzwellnesscoaching) or Venmo (@schultzwellnesscoaching), cash, or check

**Confidentiality -** This coaching relationship, and all information (documented or verbal) that the Client shares with the Coach as part of this relationship, is bound by the principles of confidentiality. The Coach agrees not to disclose any information pertaining to the Client without the Client’s written consent.

**Cancellation Policy** - The client agrees that it is the Client's responsibility to notify the Coach 24 hours in advance of the scheduled calls/meetings. The coach will attempt in good faith to reschedule the missed meeting.

**Termination** - Either the Client or the Coach may terminate this Agreement at any time.

**Limited Liability** - Except as expressly provided in this Agreement, the Coach makes no guarantees, representations or warranties of any kind or nature, express or implied with respect to the coaching services negotiated, agreed upon and rendered. In no event shall the Coach be liable to the Client for any indirect, consequential or special damages.

**Entire Agreement** - This document reflects the entire agreement between the Coach and the Client, and reflects a complete understanding of the parties with respect to the subject matter. This Agreement supersedes all prior written and oral representations. The Agreement may not be amended, altered or supplemented except in writing signed by both the Coach and the Client.

**Binding Effect** - This Agreement shall be binding upon the parties hereto and their respective successors and permissible assigns.

### **BY SIGNING YOU ARE AGREEING TO THESE TERMS**

Signature