



COACHING CLIENT AGREEMENT AND INFORMED CONSENT

Disclosure for Services

This agreement is for the intent of explaining the scope of Life Coaching Services. Please read the entire document carefully and ask any questions regarding the content.

About Your Coach

Darlene Nelson, owner of Aspect Life Coaching, holds a Bachelor of Arts degree in Elementary and Special Education and a Minor in Psychology. She completed her Accredited Coach Training Program (ACTP) from Erickson International. Darlene is accredited through the International Coaching Federation (ICF), as an Associate Certified Coach (ACC). She has completed training with the Association of Partners of Sex Addicts Trauma Specialists (APSATS) and is a Certified Partner Coach- Candidate. Darlene has also completed training in Emotional Freedom Technique (EFT or tapping), Meditation, and Chakra work.

About the Coaching Process

ICF defines coaching as partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential. The process of coaching often unlocks previously untapped sources of imagination, productivity, and leadership. We all have goals we want to reach, challenges we are striving to overcome and times when we feel stuck. Partnering with a coach can change your life, setting you on a path to greater personal and professional fulfillment. (Source from the ICF website)

The role of a coach is as a partner on the journey, presenting clients with thought provoking questions, feedback, information, education and challenges to promote and cultivate their client's growth. Coaching focuses on where the client is now, where they want to be and what they are willing to do to get where they want to go.

The Scope of Coaching

Coaching is not therapy, nor is it a substitute for therapy or treatment by other medical personal. Coaching focuses on identifying and reaching goals, recognizing roadblocks, and changing behaviors that aren't working. Coaching does not address psychological issues like depression and chronic anxiety. Many times, clients work with both a therapist and a coach as a team. If at any time during the coaching relationship, Darlene assesses that more support may be needed for the client, (that doesn't fall in the scope of coaching), the client will be referred to a therapist.

Confidentiality

Darlene is bound by the ICF Code of Ethics to maintain client / coach confidentiality, which holds true during both individual and group sessions. As defined by the ICF, confidentiality is "protection of any information obtained around the coaching engagement unless consent to release is given."

With Zoom being the platform used to conduct the sessions, confidentiality cannot be guaranteed. Darlene will use all the possible safety features available in Zoom to limit the possibility, and clients should use their discretion when using this modality.

Legal Waivers

Darlene is mandated by law to report certain known or suspected cases of abuse or neglect of children, the elderly, the handicapped and any situation made known to her that she feels would cause clear and immediate danger and /or harm to a person including the client. In the event of a judicial order, confidentiality is waived. A client may choose to share or release information, in writing, with a third party.

I understand that Darlene is not a therapist and cannot diagnose or treat psychological issues. I understand the difference between coaching and therapy and, if needed, I will seek appropriate treatment.

Cancellation Policy

Please provide 24 hours notice when canceling OR rescheduling an appointment. If 24 hour notice is not received, the client will be charged a flat \$50 fee. Our policy exists to allow effective scheduling and allowance for clients who wish to be seen.

I have read and understand the above information and agree to the policies and disclosures.

Printed Client Name: _____

Signature: _____ Date: _____

