



TRANSFORMATIONAL LIFE COACHING

INFORMED CONSENT

Transformational Life Coaching Agreement

- Life coaching is not currently a regulated industry in the state of Texas. It will be solely the responsibility of the client to determine the effectiveness of the services rendered and the competency of the coach, Sandra Garton Breech.
- Life coaching is not psychotherapy or counseling. Life coaching does not address mental disorders as defined by the American Psychiatric Association. Your life coaching sessions are not a substitute for counseling, psychotherapy, mental health care, or substance abuse treatment. Psychotherapy is a healthcare service, and its primary focus is to identify, diagnose, and treat nervous and mental disorders.
- Life coaching assumes the mental health of the client. Life coaching is a collaborative process that is present and future oriented. It is action oriented and solution focused; it encourages change. It involves accountability and commitment to growth through increased competence, commitment, and confidence.
- As the client, you set the agenda for these sessions, and your success will largely depend upon your willingness to define goals and try new approaches. You can expect me, as your life coach, to be honest and direct, asking straightforward questions and offering challenging techniques to help you keep moving forward.

Confidentiality

Confidentiality is an important element of the coaching process. Your identity and ongoing work will be kept strictly confidential. I will only release information about our work with your written permission, or if I am required by court order. The following exceptions will apply:

- There are a broad range of events that are reportable under child protection statutes. Physical or sexual abuse of a child will be reported to Child Protective Services. When the victim of child abuse is over age 18, I am not legally mandated to report it unless I believe that there are minors still living with the abuser who may be in danger of being abused. Elder abuse is also required to be reported to the appropriate authorities.

- If you are an imminent risk to yourself or someone else or make threats of imminent violence against another person, I will take appropriate action.

Fees, Payment Schedule, and Services

- You agree that our life coaching session will take place at least twice per month, in whichever manner you prefer (via in person, by phone or internet). The initial appointment is approximately 90 minutes and is \$275. Each appointment thereafter will last for 50 minutes and is billed at the rate of \$175 per hour. The payment is due at the start of each session. Note that there is no insurance coverage for these sessions.
- I request that you provide at least a 24-hour notice if you need to cancel or reschedule your appointment. Otherwise, you will be charged for the session in full.

Acknowledgement and Release of Liability

By signing this disclosure and consent statement, I acknowledge that I understand the above information. I agree to hold harmless Sandra Garton Breech, my life coach, from all liabilities and claims which may arise as a result of my participation in life coaching.

Signature of Client

Date

Signature of Legal Guardian

Date

Signature of Life Coach

Date