

## Informed Consent

1. 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.
2. 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.
3. Life coaching is a collaborative process that relies on the client's initiation, input and judgment. Coaching is action oriented, solution focused and encourages change. It involves accountability and commitment to growth through increased competence, commitment, and confidence. Coaching may involve looking to the past, but for the primary purpose of moving the client towards the accomplishment of his or her predetermined goals.
4. As the client, you set the agenda for your goal in each session. Your success will largely depend upon your willingness to define goals and try new approaches. You agree to take responsibility for yourself as you try these approaches and to let me know if something is or is not working for you. You also agree to stop working with me and to seek professional therapy if you find that our work is bringing up something that I cannot address with coaching techniques. 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.
5. As the client, you agree to release me from my pledged confidentiality should you in any way threaten, intentionally or unintentionally, to harm yourself or any other person or animal. You understand that in such cases the appropriate authorities will be contacted for your own protection.

### **Acknowledgment and Release of Liability**

By signing this disclosure and consent statement, I acknowledge that I understand the above information. I agree to hold harmless Unbound Life Coaching and my life coach, Kim Paulson, from all liabilities and claims which may arise as a result of my participation in life coaching. I take full responsibility for my healing journey and I commit to stop working with Kim if I feel she is not helping me and to seek the help I actually need. I give Kim permission to include my first name, last name and email on a coaching log to be submitted to the International Coach Federation for the purpose of verifying her credential.

Signature of Client/ Date \_\_\_\_\_

Signature of Life Coach/Date \_\_\_\_\_