

JOHN R WILLIAMS

INFORMED CONSENT FOR COACHING

I'm grateful to be able to support you to achieve your goals of freedom, health and confidence. So that you may receive the most from our partnership, please review the following:

Confidentiality

The digital platform we are using for our video meetings uses bank-level encryption to safeguard your privacy. This is good to help you feel safe to share freely with me.

Our exclusively electronic communication also allows you to reveal limited information about yourself, if you choose. This further protects your privacy.

On the other hand, unless you give me the contact information of someone close to you, it means I don't have any way to help you should any emergency arise. (You are invited to do so at the end of this document.)

If you do choose to give me such information, I would only contact them if there was evidence of a threat to your safety or abuse of a child, elderly person or other dependent adult. This is highly unlikely, but in those cases, safety would override your privacy concern.

Just so you know, I adhere to my ethics requirements regarding confidentiality for all coaching and consulting. This means I will only release information about our work to others with your written permission, or if we are required to do so by a court order.

Our respective responsibilities

The results we achieve together will depend largely on your willingness and commitment. You are in the lead and I am only suggesting the route to take and strategies to use to reach your goals. You are the one who determines if and when we get there.

Keep in mind that personal change and growth can be exciting one minute and difficult the next. I have specialized training to help you but at times you will take two steps forward and one step back in your progress. Try to remain patient and don't give up.

You also have the ultimate responsibility for the choices, plans, and actions that you take. I rely on knowing that you will protect yourself and your needs by only taking those actions that are best for you.

Remember that coaching is not psychotherapy. Should it become clear during coaching that you need psychotherapy services (diagnosis, treatment, medication) I will refer you to other professionals who can provide these services. As your coach, I will only offer wellness and life coaching, not therapy.

Feedback

My job is to make sure our partnership is effective for you. I can do this if you let me know what is working well and what is not working well. If, at any time, you feel that you are not getting what you want out of our partnership, please tell me so we can discuss your needs and adjust your coaching program, as needed. There is no need to try to please me by agreeing to a strategy

that you question or doubt. Naturally sometimes I am not aligned with you, so I appreciate feedback to get me back on track.

Client Responsibility

Again, you, the client, assume responsibility for your own results and outcomes. You agree to save and hold harmless the coach from any liability that may arise as a result of the client's negligent performance or any perceived act of omission or negligence on the part of the coach in accordance with this agreement.

As your coach, I make no guarantee as to the results achieved due to the subjective nature of the work. A coach agrees to serve as guide, advisor, and consultant in the area(s) identified by you, the client; however the client is solely accountable for producing any and all results.

Payment for starting coaching sessions signals your consent and acceptance of the coaching agreement.

Emergency Contact: _____ Phone: _____

Your Name (printed): _____ Date: _____

Your Signature: _____