

Stark Wellness: Life and Holistic Health Coaching

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Coaching Services - Informed Consent and Policies

Confidentiality: Information will be held as confidential unless you state otherwise, in writing, except as required by law in the following situations:

- Either client intends to harm themselves or someone else
- Information is relayed regarding child abuse or neglect or abuse of the elderly

Fees/Payments: Coaching Fees: \$75 per 1 hr session + \$25 for each additional 30 minutes. Payment is collected at the time of each appointment or billed directly after; insurance is not accepted. A statement of appointments and payments is available upon request.

Cancellation Policy and Appointments: Appointments will be 60 minutes long unless other arrangements have been made. Missed appointments may result in cancellation fees. Cancellations can be made by contacting me directly to avoid a cancellation fee of \$25. After two consecutive missed appointments you will be required to prepay services to set up additional appointments.

Email/Text/Social Media: I may confirm appointment times through text messages. If you do not wish to receive text message confirmations, please let me know. If you wish to send me text messages or emails with questions or homework assignments, that is okay with me, and I will assume that it is okay to reply in the same manner unless you tell me otherwise. Please keep in mind that email is not a secure form of communication; I cannot ensure confidentiality. I have professional accounts on Facebook, LinkedIn, and Pinterest. You are welcome to view, join, friend, or follow. Due to the public nature of social media, please be careful making or responding to posts or comments.

Coaching Purposes, Goals, and Successful Outcomes: Coaching is a professional-client relationship designed to help you gain greater insight, achieve goals, develop new skills, resolve problems, and improve your overall well-being. The success of coaching depends greatly on your own efforts and desires. Coaching goals and techniques will be discussed, and we will work together to help you achieve those goals. I cannot offer any guarantee of your success. However, you can expect I will come prepared for your session with the main purpose of addressing your needs and the goals you set. Feel free to ask any questions or to express concern during the coaching process.

Disclaimer: Coaching does not involve the diagnosis or treatment of mental disorders, nor is it a substitute for psychotherapy, psychoanalysis, mental health care, or substance abuse treatment. If you are under the care of a mental health professional or medical practitioner, you must consult with the mental health care provider regarding advisability of working with a coach and make this person aware of your decision to proceed with the coaching relationship.

Client's signature: _____ Date: _____