

Prairie Girl Group

Informed Consent for Coaching Agreement

Please read through the following informed consent agreement. What follows is a basic understanding between client and coach. In general, what are listed below are the responsibilities and obligations of a coach, and some expectations of you as the client.

If you have any questions, please let me know. We can go through the document in as much detail as is needed for you be comfortable. When you sign this document, it will represent an agreement between us.

Thank you,



Stacy Cahalan
Prairie Girl Group

A few book-keeping notes that will save us both a lot of future conversations:

- Office hours: **evenings and weekends**
- My office is at [Your Wellness Connection](#)
- After intake and informed consent forms are complete are often useful.
- 15-20 minutes intake conversations: **\$50**
- 60-minute therapy appointments: **\$140**
- Current payment method: You can put a credit card on file at Your Wellness Connection, cash, checks, Venmo or PayPal

While I am both a Therapist and Life Coach, when I practice as a Coach, I like to make the distinction very clear to clients.

Coaching concentrates on where clients are now and what they are willing to do to get where they want to be. Everyone deserves to feel like they have a stronghold on their future. I work with clients to identify specific, measurable goals and create action plans to achieve them. The emphasis is on taking concrete steps and making positive changes.

Clients in life coaching take an active role in defining their objectives and driving the coaching process. Coaches provide support, motivation, and accountability.

Life coaching is not considered a form of mental health treatment. It does not delve into deep-seated psychological issues or past traumas. Instead, it focuses on the client's current challenges and dreams for the future.

In summary, coaching is an ongoing professional relationship that helps people produce extraordinary results in their lives. During this process clients often deepen their learning, improve their performance, and enhance their quality of life.

In this coaching capacity, Stacy is only working within the capacities of Life Coach and will not be held liability for discrepancies. If a referral needs to be made to ensure psychological issues are addressed, a referral will be made to a Physician or Licensed Mental Health Professional.

By signing this agreement, you are agreeing that you understand the difference in these two functions, and you will get appropriate professional help for mental health issues if necessary.

Your signature indicates that you have read this agreement for services carefully and understand its contents. If you have questions, let's talk to address any questions or concerns that you have about his information before you sign.

Name of Client: _____

Signature: _____

Date: _____

Please sign and return to prairiegirlgroup@gmail.com prior to first visit.