

COACHING AGREEMENT & INFORMED CONSENT

What coaching is

Coaching is a collaborative forward focused partnership designed to help you identify and achieve your personal goals. As your coach I will support you in exploring your strengths, developing strategies. and taking action toward the outcomes that matter to *you*.

What coaching is not

Coaching is not therapy counseling or medical treatment. I am not a licensed mental health professional and coaching does not replace therapy, psychiatric care or medical advice. I do not diagnose conditions, treat mental health disorders, or process trauma. If at any point I believe you would benefit from professional clinical support, I will share that observation with you.

My approach

My coaching practice is neurodiversity- affirming. This means:

I view autism as a natural neurological variation not a disorder to be fixed

I will never ask you to suppress your autistic traits or act “normal”,

Your goals drive my work - not anyone else's goals for you.

I respect your autonomy, your communication style, and your right to say no at any time.

Confidentiality

Everything you share in coaching sessions is confidential. I will not share your information without your explicit written permission except as required by law:

- ☐ if I believe you or someone else is at imminent risk of serious harm
- ☐ if I become aware of abuse or neglect of a child, elder, or vulnerable person
- ☐ if required by a court order

Session length is 1 hour.
on.

Fee per session is \$90.00 unless otherwise agreed

Your Rights

- You have the right to end coaching at any time, for any reason.
- You have the right to skip any question or topic.
- You have the right to provide feedback about what is and isn't working.
- You have the right to request a different communication format at any time.
- You have the right to bring a support person to sessions.

Emergency and Crisis Resources

If you are in crisis or experiencing thoughts of self harm or suicide, please contact:

988 LIFELINE – Call or text 988

CRISIS TEXT LINE – Text HOME to 741741

EMERGENCY – CALL 911

Consent

By signing below, I confirm that:

- ☐ I understand what coaching is and what it is not.
- ☐ I have had the opportunity to ask questions.
- ☐ I consent to participate in coaching voluntarily.
- ☐ I understand the confidentiality policy and its limitations.
- ☐ I understand I can withdraw from coaching at any time.

IF THE CLIENT IS UNDER THE AGE OF 18 OR HAS A LEGAL GUARDIAN, GUARDIAN MUST SIGN.

CLIENT SIGNATURE

DATE

GUARDIAN NAME

RELATIONSHIP TO CLIENT

GUARDIAN SIGNATURE

DATE
