

## Sample Statement of Intent

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The following Statement of Intent can be used to explain your intentions as a coach and assist the client to understand the coaching relationship. It may bring up questions and areas of discussion that you can address to help further the client's understanding. The statement will provide you a client's signed agreement of your intentions as a coach.

### Statement of Intent

All coaching services delivered by (YOUR NAME HERE), utilizing principles, methods and tools of professional coaching are meant to challenge, uplift, and support you psychologically. However, coaching is not psychotherapy. If you feel psychologically stressed to the point that it is interfering with your ability to function, please seek the help you need in the form of a professional counselor.

Professional coaching may augment your therapy, but the work of coaching is meant to be done when major emotional and psychological wounds are already healing or healed. In that spirit, please read the following and sign below should you agree to each statement and wish to proceed:

- I understand that the life coaching services I will be receiving from (YOUR NAME HERE) are not offered as a substitute for mental health care. I also understand that my coach, (YOUR NAME HERE), is not acting as a psychotherapist, and does not purport to offer mental health care despite his extensive experience as a former mental health counselor.
- I understand that my coach will maintain the confidentiality of our communications only to the extent defined by the laws of the states in which each of us resides.

- I understand and agree that I am fully responsible for my wellbeing during my coaching calls, and subsequently, including my choices and decisions.
- I understand that all comments and ideas offered by my coach are solely for the purpose of aiding me in achieving my defined goals. I have the ability to give my informed consent, and hereby give such consent to my coach to assist me in achieving such goals.
- I hereby release, waive, acquit and forever discharge (YOUR NAME HERE), their agents, successors, assigns, personal representatives, executors, heirs and employees from every claim, suit action, demand or right to compensation for damages I may claim to have or that I may have arising out of actions, omissions, or commissions taken by myself or by (YOUR NAME HERE) as a result of the advice given by (YOUR NAME HERE) or otherwise resulting from the coaching relationship contemplated hereunder. I further declare and represent that no promise, inducement or agreement not herein expressed has been made to me to enter into this release. The release made pursuant to this paragraph shall bind my heirs, executors, personal representatives, successors, assigns, and agents.
- I have read the statements above and I understand and agree with the points contained therein

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Client name

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Signature

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Date

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