

Informed Consent Addendum: Health and Wellbeing Coaching



I hereby request and consent to participate in health and wellbeing coaching within the designated coaching scope of practice. I understand and agree to abide by the respective roles and responsibilities as follows:

CLIENT

- Listens to body's wants and needs; takes full responsibility for physical, mental, and emotional health.
- Follows through on commitments; does the work to achieve the results.
- Clearly expresses most important goals for greater health and wellbeing.
- Communicates openly and honestly.
- Keeps appointments; begins and ends sessions on time.
- If participating in group coaching, adheres to group norms.

HEALTH AND WELLBEING COACH

- Provides safe, nonjudgmental and confidential space for exploration, experimentation and accountability.
- Explains and stays within the coaching process to create and maintain appropriate expectations.
- Helps client identify areas of focus, establish goals, and formulate attainable action steps.
- Remains honest and supportive.
- Initiates/reinforces discussions about boundaries, roles, and expectations.
- Stays within scope of practice.

Client Name

Parent or Guardian (if applicable)

Signature

Date