

# Life Coaching Informed Consent

Dr. Maryam Dalili

310-809-9035

Description of Coaching: Coaching is a partnership (defined as an alliance, not a legal business partnership) between the Coach and the Client in a thought-provoking and creative process that seeks to inspire the client to maximize personal and professional potential. It is designed to facilitate the creation/development of personal, professional or business goals and to develop and carry out a strategy/plan for achieving those goals.

## 1) Coach-Client Relationship

A. Client is solely responsible for creating and implementing his/her own physical, mental and emotional well-being, decisions, choices, actions and results arising out of or resulting from the coaching relationship and his/her coaching calls and interactions with the Coach. As such, the Client agrees that the Coach is not and will not be liable or responsible for any actions or inaction, or for any direct or indirect result of any services provided by the Coach. Client understands that coaching is not therapy and does not substitute for therapy if needed, and does not prevent, cure, or treat any mental disorder or medical disease.

B. Client further acknowledges that he/she may terminate or discontinue the coaching relationship at any time.

C. Client acknowledges that coaching is a comprehensive process that may involve different areas of his or her life, including work, finances, health, relationships, education and recreation. The Client agrees that deciding how to handle these issues, incorporate coaching principles into those areas and implementing choices is exclusively the Client's responsibility.

D. Client acknowledges that coaching does not involve the diagnosis or treatment of mental disorders as defined by the American Psychiatric Association and that coaching is not to be used as a substitute for counseling, psychotherapy, psychoanalysis, mental health care, substance abuse treatment, or other professional advice by legal, medical or other qualified professionals and that it is the Client's exclusive responsibility to seek such independent professional guidance as needed. If Client is currently under the care of a mental health professional, it is recommended that the Client promptly inform the mental health care provider of the nature and extent of the coaching relationship agreed upon by the Client and the Coach.

E. The Client understands that in order to enhance the coaching relationship, the Client agrees to communicate honestly, be open to feedback and assistance and to create the time and energy to participate fully in the program.

F. The Client understands that although Maryam Dalili has a Psy.D. in psychology, she is not presenting herself as a therapist to the Client, and she is not providing psychotherapy to the Client.

## 2) Schedule and Fees

The fee is:

\$160 per hour, in person or phone or video chat session. Payment is due before the start of each session. Client can pay via cash / check / Venmo (dr-maryamdalili) (310-809-9035)

## 3) Procedure

The time of the coaching meetings and/or location will be determined by Coach and Client based on a mutually agreed upon time. If the Coach will be at any other number for a scheduled call, Client will be notified prior to the scheduled appointment time.

## 4) Confidentiality

This coaching relationship, as well as all information (documented or verbal) that the Client shares with the Coach as part of this relationship, is bound by the principles of confidentiality. However, please be aware that the Coach-Client relationship is not considered a legally confidential relationship (like the medical and legal professions) and thus communications are not subject to the protection of any legally recognized privilege. To the extent permitted by law, the Coach agrees not to disclose any information pertaining to the Client without the Client's written consent. The Coach will not disclose the Client's name as a reference without the Client's consent.

Confidential Information does not include information that: (a) was in the Coach's possession prior to its being furnished by the Client; (b) is generally known to the public or in the Client's industry; (c) is obtained by the Coach from a third party, without breach of any obligation to the Client; (d) is independently developed by the Coach without use of or reference to the Client's confidential information; or (e) the Coach is required by statute, lawfully issued subpoena, or by court order to disclose; (f) is disclosed to the Coach and as a result of such disclosure the Coach reasonably believes there to be an imminent or likely risk of danger or harm to the Client or others; and (g) involves illegal activity. The Client also acknowledges his or her continuing obligation to raise any confidentiality questions or concerns with the Coach in a timely manner.

## 5) Patient Litigation

The Coach will not voluntarily participate in any litigation, or custody dispute in which Client, on the one hand, and another individual, or entity, on the other hand, are parties. The Coach has a policy of not communicating with Client's attorney and will generally not write or sign letters, reports, declarations, or affidavits to be used in Client's legal matter. The Coach will generally not provide records or testimony unless compelled to do so. Should Coach be subpoenaed, or ordered by a court of law, to appear as a witness in an action involving Client, Client agrees to

reimburse Coach for any time spent for preparation, travel, and other time in which Coach has made himself available for such an appearance at Coach's usual and customary hourly rate.

#### 6) Cancellation Policy

Client agrees that it is the Client's responsibility to notify the Coach 24 hours in advance of the scheduled calls/meetings. Coach reserves the right to bill Client for a missed meeting. Coach will attempt in good faith to reschedule the missed meeting.

#### 7) Insurance

Client understands that the coaching services contemplated by the parties is not covered by insurance and that all payments for Dr Dalili's coaching services will therefore be the responsibility of Client individually (i.e. out of pocket).

Client Full Name:

Client's Signature: