

MichaelJ LifePurpose

LIFE COACHING CLIENT CONSENT FORM AND LIABILITY WAIVER

Client Name: _____

Coach Name/Business: _____

Session Date(s): _____

1. Purpose of Life Coaching

Life coaching is a collaborative process designed to help clients identify goals, develop strategies, and create positive change in personal or professional areas of life. Coaching may include discussions, goal setting, accountability practices, and action planning.

2. Not a Substitute for Professional Advice

I understand that life coaching is **not therapy, counselling, medical treatment, financial advising, or legal advice**. The coach is not acting as a licensed therapist, psychologist, medical professional, attorney, or financial advisor. If I require professional assistance in these areas, I will seek appropriate licensed professionals.

3. Voluntary Participation

I acknowledge that my participation in coaching sessions is voluntary. I understand that results are not guaranteed and depend on my personal commitment, effort, and circumstances.

4. Personal Responsibility

I accept full responsibility for my decisions, actions, and results arising from coaching sessions. I understand that the coach cannot guarantee specific outcomes.

5. Confidentiality

All personal information shared during coaching sessions will be kept confidential to the best of the coach's ability, except where disclosure is required by law or where there is risk of harm to myself or others.

6. Liability Waiver

I release and hold harmless the coach, their business, employees, and affiliates from any claims, damages, or liabilities arising out of or related to my participation in coaching

sessions. I understand that I am solely responsible for my own physical, mental, and emotional well-being during and after coaching sessions.

7. Recording & Communication (Optional)

I understand that sessions may be conducted in person, by phone, or online. I consent / do not consent (circle one) to sessions being recorded for personal review or coaching purposes.

8. Cancellation Policy

Clients agree to provide at least 24 hours notice for cancellations or rescheduling. Failure to provide notice will result in a missed session fee.

9. Agreement

By signing below, I acknowledge that I have read, understood, and agree to the terms outlined in this consent form and liability waiver.

Client Signature: _____

Date: _____

Coach Signature: _____

Date: _____