

# **Client Agreement & Informed Consent**

Ryan Goldstein Coaching

## **DURATION.**

This agreement, between Ryan Goldstein, and the client/coachee and/or the client's/coachee's representative(s) will begin upon receipt of the coaching service payment. Should the client choose to continue coaching beyond the initial coaching session, the below terms apply for the duration of the ongoing coaching engagement for up to one year. The coach or client may choose to terminate this agreement at any time.

## **COACHING SERVICES.**

The International Coach Federation defines coaching as, “partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.” Coaching services will be provided by Ryan Goldstein.

## **STRUCTURE OF COACHING SESSIONS.**

During our sessions together, the client will be an active participant in the coaching process. In addition to talking with the coach, the client will commit to “action items” and be asked to practice techniques between sessions. The client's commitment to doing this work outside our live sessions is crucial to success. I expect that the client/coachee will follow through on all coaching action and practice commitments prior to our live sessions together.

## **FEES.**

Payment will be due at the completion of each session. Payment types accepted are credit card, Venmo or cash.

## **INSURANCE ISSUES.**

I do not accept third-party reimbursement from health insurance carriers. I do not accept assignment of benefits, nor do I participate in managed care insurance plans (HMO's and PPO's).

You are responsible for paying for all coaching services in full.

## **RESCHEDULING/CANCELLATION.**

Coaching fees are non-refundable. Rescheduling/cancellation of an appointment must be made 24 hours in advance. Clients are responsible to contact the coach 24 hours in advance to reschedule, if necessary, for the next available time slot. The client/coachee forfeits the session fee for rescheduling or cancellation less than 24 hours in advance. No refunds available for no shows.

#### CONFIDENTIALITY AND EMERGENCY SITUATIONS.

Your verbal communication and coaching records are strictly confidential except (1) information you report to your coach about physical or sexual abuse (2) when you sign a release of information to have specific information shared with your physician or therapist, and (3) when you provide information that informs me that you are in danger of harming yourself or others.

If the client is a minor, a summary of coaching sessions sharing overview content is available to parents/guardians upon request to keep parents/guardians apprised of coaching progress. For example, an e-mail "recap" may be sent to the parent/guardian(s) upon request with a CC: to the minor client, for transparency, including an overview of coaching topics (e.g., personality, strengths, self-concept, self-awareness, learning approach, structuring tools for success, emotional intelligence, social intelligence, etc.). Detailed information of client communications to the coach through the coaching relationship is held in confidence unless it meets any one or more of the three exceptions noted above.

If an emergency occurs for which you feel immediate attention is necessary, you understand that you are to contact the emergency services in your community (911).

#### LIMIT OF LIABILITY.

YOU EXPRESSLY UNDERSTAND AND AGREE THAT RYAN GOLDSTEIN SHALL NOT BE LIABLE TO YOU FOR:

(A) ANY DIRECT, INDIRECT, INCIDENTAL, SPECIAL CONSEQUENTIAL OR EXEMPLARY DAMAGES WHICH MAY BE INCURRED BY YOU, HOWEVER CAUSED AND UNDER ANY THEORY OF LIABILITY. THIS SHALL INCLUDE, BUT NOT BE LIMITED TO, ANY PERSONAL INJURY, EMOTIONAL DISTRESS, LOSS OF GOODWILL, OR OTHER INTANGIBLE LOSS;

(B) SOME JURISDICTIONS AND STATES PRECLUDE LIMIT OF LIABILITY CLAUSES. IN THE EVENT DAMAGES ARE ASSESSED, THE LIMIT OF LIABILITY FOR RYAN GOLDSTEIN SHALL NOT EXCEED THE TOTAL AMOUNT OF THIS CONTRACT \$100 per session paid- TO THE LICENSEE OR THIRD PARTY.

(C) YOUR ASSIGNED COACH WILL NOT TELL YOU WHAT TO DO, AND YOU, AS THE CLIENT, ARE ALWAYS EMPOWERED TO CHOOSE AND ARE HELD RESPONSIBLE FOR YOUR ACTIONS. THE CLIENT ASSUMES ALL RESPONSIBILITY FOR ANY ACTION TAKEN IN RELATION TO A COACHING SESSION AS WELL AS ALL OUTCOMES AND RESULTS.

(D) IN THE EVENT THAT THE CLIENT DIVULGES INFORMATION THAT THE ASSIGNED COACH DETERMINES INDICATES THAT THE CLIENT IS A RISK TO THEMSELVES OR OTHERS, THE COACH IS LEGALLY RESPONSIBLE TO NOTIFY THE CLIENT'S PARENTS (IF A MINOR) AND/OR OTHER APPROPRIATE PERSONNEL.

## COACHING VS. THERAPY.

Coaching is a non-directive, person-centered, strength-based, collaborative support service to help functional clients achieve meaningful goals. Clients come to coaching with an interest in self-improvement or measurable progress. Through coaching, clients find insight and direction to identify practical means to reach their goals. The coach guides and supports the client's planned, intentional, and purposeful action toward achievement. Coaching clients are ready, willing, and able to do the work inherent in the coaching process. They are committed to achieving the outcomes they seek.

Coaches and therapists share a common goal – to enhance well-being and outcomes for those they serve. Deciding which is the best fit for the client depends on their current state of functioning and their needs and goals. Keep in mind, the same client may work with a therapist and a coach to address different needs and goals - if the client's clinical issue is well-managed and the therapist clears the client for coaching. The therapist may work with the client to address the clinical issue, such as depression, while the coach works with the client around goals that matter to ongoing progress, such as finding clarity around job or career direction or improving academic performance. Here's an overview of the primary differences:

### **Therapy**

The patient is struggling with dysfunction related to psychological issues, concerns, or symptoms that interfere with daily tasks.

The patient needs help coping, alleviating pain, or distress related to trauma, disorders, or illness.

The patient wants to work through problems and get back to normalcy.

The patient wants to process traumatic or emotional past for healing.

### **Coaching**

The client is functional and does fine with daily tasks.

The client is considered psychologically functional and copes well enough.

The client wants to be better, grow, or set and achieve higher goals.

The client wants to improve performance, relationships, or life satisfaction.

The client wants to remain present and future focused to build from where they are.

The client is looking for a success partner to help facilitate the next level of growth, advancement, or change.

If you're confident coaching is the right fit for you based on your current needs and goals, I'm happy to coach you.

## SIGNATURE.

Please sign below to confirm your full understanding and agreement with the information above. By signing you also confirm you are legally authorized to enter into this agreement on your own behalf as the client or on behalf of your minor child who will be the client.

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Client Printed Name

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Client Age

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Client (Parent/Guardian(s) (if a minor) Signature

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Date

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Parent/Guardian Printed Name (If applicable)

Please complete and e-mail to: [ryangoldsteincoaching@gmail.com](mailto:ryangoldsteincoaching@gmail.com)