



Teresa Ryan, PT, MA, BCC
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Informed Consent Agreement

This Agreement is entered into by and between: Teresa Ryan, PT, MA, BCC of true life coaching, llc and Client: whereby coach agrees to provide coaching services for client focusing on established topics/goals/outcomes as to be determined by client and consistently reviewed and revisited by client and coach.

Description of coaching: coaching is partnership (defined as an alliance, not a legal business partnership) between the coach and the client in a thought-provoking and creative process that inspires 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. Coach agrees to maintain ethics and standards of behavior established by the Center for Credentialing & Education (CCE) (<https://www.cce-global.org/Assets/Ethics/BCCcodeofethics.pdf>). It is recommended that client review the BCC code of ethics and applicable standards of behavior.
- B. 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 coach. As such, client agrees that 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 coach. Client understands 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. This especially includes the fact that while licensed in the state of New Jersey as a physical therapist, coach does not represent, hold out or signify that life coaching is representative of nor substitute for same. In no way is life coaching meant to evaluate, assess, treat or advise regarding musculoskeletal or neuromuscular conditions or syndromes.

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- C. Client further acknowledges that he/she may terminate or discontinue the coaching relationship at any time.
 - D. 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. Client agrees that deciding how to handle these issues, incorporate coaching principles into those areas and implementing choices is exclusively client's responsibility.
 - E. 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 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 client promptly inform the mental health care provider of the nature and extent of the coaching relationship agreed upon by client and coach.
 - F. Client understands that in order to enhance the coaching relationship, client agrees to communicate honestly, be open to feedback and assistance and to create the time and energy to participate fully in the process.
2. Services
- The parties agree to engage in a month to month coaching program through in person, video, phone session meetings as mutually agreed. Coach will be available to client via text and email on an intermittent, time respected basis within acceptable business hours. Prorated agreed upon hourly fees shall be assessed in the event these interactions require more time as per client request.
3. Schedule of Fees
- This coaching agreement is valid as of _____ (mm/dd/yyyy). The fee is \$150 hourly, prorated as appropriate based on time blocking. Payment is expected when services are rendered.
4. Confidentiality
- This coaching relationship, as well as all information (documented or verbal) that client shares with coach as part of this relationship, is bound by the principles of confidentiality set forth in the BCC Code of Ethics. 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. Coach agrees not to disclose any information pertaining to client without client's written consent. Coach will not disclose client's name as a reference without client's consent.
- Confidential Information does not include information that: (a) was in coach's possession prior to its being furnished by client; (b) is generally known to the public or in client's industry; (c) is obtained by coach from a third party, without breach of any obligation to

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client; (d) is independently developed by coach without use of or reference to client's confidential information; or (e) coach is required by statute, lawfully issued subpoena, or by court order to disclose; (f) is disclosed to coach and as a result of such disclosure coach reasonably believes there to be an imminent or likely risk of danger or harm to client or others; and (g) involves illegal activity. Client also acknowledges his or her continuing obligation to raise any confidentiality questions or concerns with coach in a timely manner.

5. Cancellation Policy

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

6. Termination

Either client or coach may terminate this agreement at any time with at least as much written notice as is time until next scheduled meeting.

7. Limited Liability

Except as expressly provided in this Agreement, coach makes no guarantees, representations or warranties of any kind or nature, express or implied with respect to the coaching services negotiated, agreed upon and rendered. In no event shall the Coach be liable to the Client for any indirect, consequential or special damages. Notwithstanding any damages that the Client may incur, the Coach's entire liability under this Agreement, and the Client's exclusive remedy, shall be limited to the amount actually paid by the Client to the Coach under this Agreement for all coaching services rendered through and including the termination date.

Please retain one copy of this Informed Consent Agreement prior to the first scheduled coaching meeting. Please sign and forward a copy to:

Teresa Ryan, PT, MA, BCC
true life coaching, llc
lifecoachingtrue@gmail.com

Signature:

Client printed name :

Contact information address:

Phone:

email:

Signature:

Date:

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