

Coaching Informed Consent

www.stacycahalan.com

While an informed consent form isn't required by law for coaching, I like to have one on file to make sure people understand the difference between coaching and therapy.

Therapy helps heal the past. Therapy helps you explore the deeper layers of your emotions, patterns, and past experiences. It's a safe space to work through things like anxiety, depression, grief, trauma, or relationship struggles.

- Focuses on emotional healing and mental health
- Often looks at past experiences and patterns
- Helps you understand yourself and feel more balanced
- Led by a licensed professional (that's me!)

Coaching helps to build the future. Coaching is about moving forward. It's for people who are feeling mostly stable but want support in reaching personal or professional goals, building confidence, or navigating change.

- Focuses on setting and reaching goals
- Looks at where you are now and where you want to go
- Helps you take action, stay accountable, and gain momentum
- Encouraging, forward-focused, and growth-oriented

Voluntary Participation Coaching is your choice. You can stop at any time without penalty. Use the first few sessions to see if we're a good fit. If not, I'll help you find someone who is.

Your Role Coaching is an active, collaborative process. Clients are expected to come to sessions on time, clear-minded, and ready to engage in meaningful conversation around their goals and growth. Coaching is not advice-giving or mental health treatment. Instead, it is a guided, reflective process designed to help you gain clarity, identify obstacles, and move forward with purpose. Your growth depends on the work you do both during and between sessions.

Confidentiality Coaching sessions are confidential to the extent permitted by law. Since coaching is not a regulated healthcare service, it does not carry legal confidentiality protections like therapy does. However, respect for your privacy and trust is of utmost importance, and your personal information will never be shared without your consent unless required by law.

Fees & Payment

- Individual coaching: \$150/session
- If you cancel a session within 24 hours of your appointment, you will be charged \$75.

I am over 18 years old and with this signature, understand and agree with everything in this informed consent document.

Signature: _____

Printed name: _____

I am signing this as a parent or guardian to: _____

Date: _____

Please sign and return to hello@stacycahalan.com prior to our first visit.