BRIDGING THE GAP LIFE COACHING AND ADVOCACY

Adult Coaching Consent & Acknowledgment

“Be Seen. Be Heard. Become.”

Thank you for choosing Bridging The Gap Life Coaching and Advocacy. Coaching is a collaborative relationship designed to help you gain clarity, identify goals, recognize your strengths, develop practical strategies, and move forward with greater confidence and purpose.

1. What Coaching Is

- Personal growth
- Confidence and self-awareness
- Communication
- Goal-setting and accountability
- Organization
- Decision-making
- Life transitions
- Advocacy and self-advocacy
- Identifying strengths and barriers
- Personal purpose and direction
- Developing practical action steps

Coaching focuses on where you are, where you want to go, and the steps you can take to move forward.

2. Faith-Based Coaching

Bridging The Gap Life Coaching and Advocacy is rooted in Christian faith and biblical principles. With your consent, coaching may incorporate prayer, Scripture, biblical principles, faith-based encouragement, reflection on purpose and identity, spiritual encouragement, and Christian perspectives on personal growth and decision-making.

Prayer may be offered before and after coaching sessions and may also be incorporated during a session when appropriate and welcomed.

Faith-based coaching is intended to provide spiritual encouragement and does not replace professional medical, mental health, or other licensed services.

Client Initials: _____ I understand and consent to the faith-based nature of coaching and the incorporation of prayer and/or biblical principles into my coaching experience.

3. Coaching Is Not Therapy or Medical Treatment

I understand that Bridging The Gap Life Coaching and Advocacy does not provide psychotherapy, counseling, psychological diagnosis, medical diagnosis or treatment, medication management, psychiatric treatment, crisis intervention, or emergency services.

The coach does not diagnose or treat mental health or medical conditions. If I need medical, psychological, psychiatric, legal, financial, or other specialized assistance, I understand that I should seek an appropriately licensed professional.

4. No Guarantees

I understand that coaching does not guarantee a particular outcome, transformation, relationship result, financial result, career result, or other specific result.

Coaching is a collaborative process. The coach provides support, questions, encouragement, accountability, resources, and strategies. I remain responsible for my own decisions, actions, choices, and results.

5. Client Responsibility

- Being honest and engaged in the coaching process
- Communicating my needs and goals
- Completing agreed-upon action steps
- Making my own decisions
- Seeking additional professional help when appropriate
- Informing the coach when coaching is no longer meeting my needs

6. Confidentiality

Information shared during coaching will generally be treated as private. However, confidentiality may have limitations when disclosure is required or reasonably necessary due to circumstances such as threats of harm to self or others, abuse or neglect, serious safety concerns, emergencies, legal requirements, or other circumstances required by applicable law.

7. Voluntary Participation

I understand that participation in coaching is voluntary. I may ask questions, decline an exercise, express concerns, or discontinue coaching at any time.

8. Consent

By signing below, I acknowledge that I have read and understand this document and voluntarily agree to participate in coaching services through Bridging The Gap Life Coaching and Advocacy.

Client Name: _____

Client Signature: _____ Date: _____

Phone: _____

Email: _____

Coach Signature: _____ Date: _____