

# Coaching Overview and Informed Consent



*I am really looking forward to accomplishing your goals. Together we will work towards the outcomes and intentions that are in your highest good. As we embark on our new and unique relationship, it is helpful to set out mutual accountability for our continued success. I will be happy to review these in greater detail at any time.*

**Merv Rogers, MCC**

Master Certified Coach, DEH® Practitioner Affiliated with DEH® International  
Certified NLP Practitioner, Matrix Energetics® Level 2 Practitioner  
Member of the International Coach Federation  
Member of the Association of Comprehensive Energy Psychology

## Our Relationship

As with any relationship, a commitment to each other is important.

<b>I COMMIT to:</b>	<b>You COMMIT to:</b>
<ol style="list-style-type: none"><li>1) Actively listen to what you say and don't say; you are the focus; it's your agenda.</li><li>2) Support the actions you need to take to achieve extraordinary results.</li><li>3) Provide constructive feedback.</li><li>4) Share advice, ideas and observations.</li><li>5) Adhere to the ethical guidelines and practices as defined by the International Coach Federation (ICF) and the Association for Comprehensive Energy Psychology (ACEP).</li><li>6) Give you freedom to express your ideas in a risk-free environment.</li><li>7) Celebrate your successes.</li></ol>	<ol style="list-style-type: none"><li>1) Be receptive and honest with your self-evaluation.</li><li>2) Be willing and courageous to explore new possibilities and consider other perspectives.</li><li>3) Be timely about your scheduled appointments.</li><li>4) Maintain open and honest two-way communications with your coach.</li><li>5) Agree to reasonable objectives, and then deliver on your commitments.</li><li>6) Own your personal plan for development and achievement.</li><li>7) Celebrate your successes.</li></ol>

**It is acknowledged by both parties that the coaching relationship is in no way to be considered or construed as psychological counseling or any type of therapy.** Should the need for counseling or therapy be identified, I will support you in developing a plan for you to seek those services from an appropriate, licensed professional. You retain the ownership and choice to engage or not to engage in additional professional services, at any time.

## Confidentiality

Certain information of a confidential nature may be shared between us during our communications (conversations, e-mails, faxes, etc.). We agree that neither of us will use this information at any time (directly or indirectly) for our gain/benefit outside of the coaching relationship, nor disclose this information to anyone without specific consent. There are certain exceptions:

- Anything that is in violation of applicable laws. This must be reported to the appropriate authorities.
- In the event of a breach of company policy.
- During periodic peer development meetings, coaches will discuss their experiences in the context of general themes and will avoid specific identifying information.

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## Our Agreement

For the coaching services I provide, you agree to pay a set fee to LCPI Corp. that is made at the completion of each session, or in advance on the first of each month. Either one of us has the ability to stop the coaching relationship at any time. My only request is that we offer each other the opportunity ahead of time, to discuss the reason for cancellation.

## Our Sessions

**Coaching sessions** will be conducted face-to-face or over the phone, and scheduled at regular intervals.

**To reschedule** our session, we will provide each other at least 24 hours' notice.

**Missed sessions** will not be rescheduled, and will be charged at full rates.

**You may also e-mail** at any time, and I will respond within 48 hours.

**You may call me** between our sessions if you need advice, have a problem, or can't wait to share a success with me.

I do not charge for this additional time, but I ask that you please keep the extra calls to 5 or 10 minutes each.

## Our Focus

Our focus is **YOU** and to set you on the path that will lead to the desired success. To ensure this focus, you will need to be rested, healthy, open, willing, and adequately hydrated to work on your goals between our sessions. I would ask that you give me the latitude to explore into other areas that may not initially seem connected, but which may help us both learn about you, your motivations, your values and any influencing aspects of your life. It is always your call as to how far we travel into your personal and private space.

## Our Interaction

**We will expect the best from each other.** I am here to support, guide, listen, push for excellence and give feedback. You are here to be involved, stay focused, speak your mind and push for excellence.

**I will make direct requests of you.** As I will not make you do anything you don't wish to, you will always have three options: you can accept the request; you can negotiate for different activities; or you can say 'no'.

**You will have homework.** Please know right up-front, I will be giving you things to do between our sessions. We will call it 'homework' because it will not only demand that you think about the topics, but also that you document much of your findings. As I assign the homework, I will ask you to agree if the amount of work is doable in the time frame assigned; so I will expect your assignments to be done and ready for review at our next session.

**We both agree to encourage each other to have fun as we go.**

## Our Experience Together

Our sessions may include a combination of tools and techniques derived from professional coaching, known self-help methods, clinical kinesiology, or the newly emerging energy psychology practices. These approaches work with the human energy system and are understood to effect the body/mind interconnection. Although many of these methods are derived from actual clinical psychology experience and refined by the various scientific studies, the extent and breadth of their full effectiveness, including risks and benefits, are not yet fully known. Currently, there are no known side effects to energy-oriented techniques. The following guidelines have served helpful for participants:

- Reactions may surface during a session that neither you nor I can fully anticipate, including strong emotional or physical sensations, or additional unresolved memories.

# Coaching Overview and Informed Consent



- Emotional reactions may continue to surface after a session and give indications of other incidents that may need to be referred to other professionals.
- Previously vivid emotionally charged memories may fade. This could impact your ability to provide detailed accounts (i.e. legal testimony) regarding the specific incident in the future.
- Light touch on your arm may be involved with the clinical kinesiology techniques (muscle testing) which will be stopped immediately upon your request.
- Techniques demonstrated by your coach can be used frequently outside of each session in your self-care program.
- The effectiveness of these techniques is enhanced when the body is adequately hydrated and rested.

## **Our Session Recordings**

We are both aware that part, or entire sessions may be recorded for quality and training purposes. You may stop the recording at any time during the session. You only give permission for these recordings to be used by the coach to personally review the session, or by a supervising Consultant Practitioner, as part of a formal review or certification process.

## **YOUR INFORMED CONSENT**

My signature below indicates that I fully understand the above mutual accountabilities and have obtained whatever additional information or professional advice necessary to make an informed decision.

I chose to participate in the coaching sessions of my own free will and know I have the right to cease using these approaches at any time. I agree to take full responsibility for my own self-care in the physical, emotional, mental and spiritual dimensions of my life. My signature on this form acknowledges my choice to consent to the innovative approaches my coach offers. My consent is free from pressure or influence from any person or group.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ DD/MM/YEAR

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