

# Coaching Agreement

## Firm Foundation Parenting

with Tracy Drake – Certified Life Coach

- I understand that life coaching is not psychotherapy.
- I agree to be responsible for my own choices and decisions during our coaching work together.
- I understand that life coaching is a comprehensive process that may involve all areas of my life, including work, finances, health, relationships, education and recreation.
- I acknowledge that deciding how to handle these issues and implement my choices is exclusively my choice and responsibility.
- I understand that I must consult with any psychotherapist I may currently be working with regarding the advisability of working with a life coach at this time.
- I understand that information will be held confidential, as required by law.

**I have read and agree to the above:**

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_