



EMPOWERING HEALTH

Life coaching for women

Confidentiality Agreement

Life and wellness coaching is not currently a regulated industry in the state of Maryland, USA. It will be solely the responsibility of the client to determine the effectiveness of the services rendered and the competency of the coach.

Empowering Health is not psychotherapy or medical professionals. Life and wellness coaching does not address mental disorders as defined by the American Psychiatric Association. Your life and wellness coaching sessions are not a substitute for therapy, mental health care or substance abuse treatment. Psychotherapy is a healthcare service and its primary focus is to identify, diagnose and treat nervous and mental disorders.

Life and wellness coaching assumes the mental health of the client. Life and wellness coaching is a collaborative process that is present and future oriented. It is action oriented, solution focused, and encourages change. It involves accountability and commitment to growth through increased competence, commitment, and confidence.

As the client, you set the agenda for these sessions and interaction and your success will largely depend upon your willingness to define goals and try new approaches. You can expect us, as your coaches, to be honest and direct. We will ask straight forward questions and offer challenging techniques to help you move forward.

Confidentiality:

Confidentiality is an important element of the coaching process. Your identity and ongoing work will be kept strictly confidential, with that said, you agree to keep information confidential and will not share with any other coaches. We will only release information about our work together with your written permission, or if we are required by court order.

The following exceptions apply:

There are a broad range of events that are reportable under child protection statutes. Physical and/or sexual abuse of a child will be reported to Child Protective Services. When the victim of child abuse is over age 18, we are NOT legally mandated to report unless we believe that there are minors still living with the abuser who may be in danger of being abused. Elder abuse is also required to be reported to the proper authorities.

If you are at imminent risk to yourself or someone else or make threats of imminent violence against another person, we will take appropriate action.

Empowering Health Life Coaching for Women

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