



# Called2Rise LLC

We don't know how high we can fly until we are called to rise.

## Informed Consent

Welcome to Called2Rise! We appreciate your allowing us to be of service to you. We believe our work together will be most beneficial if you have a clear idea of what to expect from coaching. Please do not hesitate to ask for clarification or if you have questions not addressed in this document.

### **About Coaching**

Coaching is a collaborative partnership between you and your coach. You are the expert on your experience. Your coach provides compassionate wisdom, insight, and informed interventions for you to consider. It is an active process that requires your commitment and participation. You and your coach will draft plans that require your implementation to be effective.

Coaching is not a mental health therapeutic approach. In other words, coaching is not counseling. Coaching is forward-focused and solution-oriented. It does not address mental illness, nor does it explore past wounds to discover the origin of current difficulties. It is possible to benefit from both coaching and counseling; however, your counselor and coach must work together to ensure continuity of care.

### **Potential Risks**

Change can produce anxiety and exhilaration. As with any intrapersonal change, there are subsequent interpersonal effects. Some people will support the changes you desire, and others will not. Finally, even with our best efforts, there is a risk that the results you achieve may be different from what you were expecting. Therefore, there is no guarantee of specific results.

### **What to Expect from Our Relationship**

As a professional life coach, your coach will use his/her best knowledge and skills to help you. You will not receive judgment. You will receive empathetic yet firm support to help you accomplish your personal and relational goals.

Your coach is not a medical professional. Before engaging in health and wellness coaching, a medical check-up, i.e., physical complete with lab work, is recommended. Health and wellness coaching does not involve prescribing or stopping any medication(s); any suggested supplements or dietary changes should be reviewed

with your medical doctor before implementation.

Your coach is not a financial-planning professional. Financial coaching involves the establishment of economic priorities and the basics of budgeting.

If you ever become involved in a divorce or custody dispute, your coach will not provide evaluations or expert testimony in court. You should hire a mental health professional to provide any evaluations or testimony that you require.

### **About Confidentiality**

Called2Rise is dedicated to maintaining the privacy of your personal information. If you would like us to consult with health care providers, e.g., counselors or physicians, you will need to provide the request in writing.

Limits to Confidentiality:

1. If a judge subpoenas your records or coach to appear in court.
2. If you make a serious threat to harm yourself or someone else.
3. If there is a reasonable concern for the abuse or neglect of a child, disabled, or elderly person.
4. If you conduct a session in public or non-private area of your home.

### **Insurance**

Insurance is not accepted.

### **Scheduling and Fees**

Typically, coaching sessions are scheduled weekly to maintain momentum. However, this is your journey, and you set the pace.

When booking packages (SYMBIS, PREPARE-ENRICH, and Six Session Bundles), the software allows only the first session to be scheduled, subsequent sessions will be scheduled when we meet.

When scheduling your first SYMBIS and PREPARE-ENRICH session, please allow 72 hours to receive, complete, and submit the online assessment. You will receive the links for your assessment within 24 hours of booking your appointment.

If you cannot keep a scheduled appointment, please give 24 hours advance notice to ensure that you will not be charged for the session. If less than 24-hour notice is given and we cannot fill your time slot, you are expected to pay for your appointment.

### **Communication Between Sessions**

You may contact your coach during business hours via email or text. Communications received outside of business hours will be responded to the following business day. You will receive email reminders of scheduled appointments. While this is a valuable service to many of our clients, please keep in mind that text and email

are not secure communication forms. We cannot guarantee the confidentiality of email transmissions. By signing the Coaching Agreement form, you acknowledge this risk. You may also opt-out of receiving emails in writing.

### **Social Media Policy**

To protect your confidentiality, coaches will not like, follow, or comment on your blogs or other internet postings, nor will your coach solicit reviews, testimonials, or ratings. You are free to engage with the social media platforms of Called2Rise should you choose to do so.



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## Coaching Agreement

I have received a copy of the Informed Consent policy. I know that I can ask about any of this information at any time with my coach. I understand that I have the right to withdraw my consent at any time, for any reason. However, I will make every effort to discuss my concerns with my coach before terminating services. I understand that no specific promises have been made to me about the results of coaching, the effectiveness of the techniques used, or the number of sessions necessary for coaching to be effective. I understand the benefits and risks of coaching.

I understand the limits to confidentiality as outlined in the Informed Consent. I understand that I will receive automated appointment reminders via email, which is not a secure form of communication unless I opt-out of receiving emails in writing.

I agree to pay for services at the rate of \$125.00 per session (\$100.00 per session when the Six Session Bundle is purchased). I understand that missed appointments and cancellations made within 24 hours of my scheduled time will be charged at this rate.

I agree to act according to the points covered in the Informed Consent. I hereby agree to enter into coaching with Called2Rise and cooperate fully and to the best of my ability, as shown by my signature here.

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Client Signature

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Date