

Therapeutic Coaching with Imani Shanklin Roberts Disclaimer

Nature of Services

Life coaching is a partnership between coach and client that is designed to support the client in achieving personal, professional, and/or creative goals. Coaching is future-oriented, solution-focused, and growth-based.

Not Therapy or Medical Treatment

Life coaching is not psychotherapy, counseling, mental health treatment, or medical care. As your coach, I do not diagnose, treat, or prescribe for mental health conditions. If you are currently under the care of a mental health professional, I encourage you to inform them of your decision to engage in coaching.

Scope of Practice

My role is to provide guidance, accountability, reflection, and tools for transformation. Coaching may integrate creative or expressive practices (such as art-making or reflective exercises) to support personal growth, but these are not substitutes for clinical therapy.

Client Responsibility

You are fully responsible for your choices, actions, and results. Coaching works best when you approach sessions with openness, commitment, and honesty.

Confidentiality

Our conversations are confidential except in cases where disclosure is required by law (e.g., risk of harm to self or others, abuse, or court order).

Consent

By engaging in coaching services, you acknowledge that you understand the distinctions between coaching and therapy and agree to participate under these terms.

Life Coaching Agreement

This Coaching Agreement ("Agreement") is entered into between:

Coach: Imani Shanklin Roberts

Client: _____

Effective Date: _____

1. Purpose

The purpose of this Agreement is to set clear expectations for the coaching relationship.

Coaching is a collaborative process that supports the Client in achieving personal, professional, and/or creative goals.

2. Nature of Services

- Coaching is not psychotherapy, counseling, mental health treatment, or medical care.
- The Coach does not diagnose, treat, or prescribe for mental health or medical conditions.
- Coaching may include reflective conversation, goal-setting, accountability, creative or expressive practices, and strategies for personal growth.

3. Client Responsibility

- The Client acknowledges they are fully responsible for their own decisions, actions, and outcomes.
- Coaching is most effective when the Client participates openly, consistently, and with commitment to the process.

4. Confidentiality

- All sessions and communications are confidential.
- Confidentiality may be broken only if required by law (e.g., imminent risk of harm to self or others, abuse, or court order).
- The Coach may use anonymized themes from coaching for teaching, research, or professional development purposes, but will never disclose personal identifiers without written consent.

5. Session Logistics

- Format: Virtual
- Frequency & Length: Clients availability & 50 min per session.
- Location: Virtual via Zoom/

6. Payment & Fees

- Sliding scale (if applicable): Sessions may be offered at \$120 / \$80 / \$50 per hour depending on the client's financial situation
- Payment Method: [Credit card, PayPal, bank transfer, etc.]
Due Date: Payment is due at the end of each session.

7. Cancellation Policy

- Sessions canceled with at least 24 hours' notice may be rescheduled.
- Sessions canceled with less than 24 hours' notice will be charged \$20, except in cases of emergency.

8. Termination

- Either party may terminate this Agreement at any time with written notice.
- The Client is responsible for payment of all completed sessions prior to termination.

9. Disclaimer & Consent

The Client understands that:

- Coaching is distinct from therapy or medical treatment.
- Results cannot be guaranteed, as they depend on the Client's effort and engagement
- By signing this Agreement, the Client consents to participate in coaching under these terms.

10. Signatures

Coach Name: Imani Shanklin Roberts

Signature: _____

Date: _____

Client Name: _____

Signature: _____

Date: _____