



Life Coaching Agreement & Consent

Welcome! This document outlines important information about life coaching services with Lynn Motley, LCSW, Certified Life Coach. Although Lynn is licensed in Clinical Social Work in Kentucky, services provided under this agreement are strictly for life coaching. Life coaching is distinct from psychotherapy or counseling, does not involve diagnosis or treatment of mental disorders, and is not a substitute for mental health care.

Professional Background

- Licensed Clinical Social Worker, Kentucky Board of Social Work (KY #1003) – not practicing therapy in this agreement.
- Personal and Executive Life Coach, Newfield Network, Boulder, CO.
- Over 33 years of experience in mental health, personal transformation, and coaching.
- Additional certifications: EMDR Level 2, Internal Family Systems Level 2, RYT 200 Yoga Teacher.

Nature of Coaching

Life coaching is a partnership between the coach and client, designed to inspire and support the client in maximizing their personal and professional potential. Coaching is future-focused and goal-oriented, emphasizing action, accountability, and results. It does not diagnose or treat mental health conditions.

Confidentiality

All information shared during coaching sessions will be kept private and confidential, except where disclosure is required by law (e.g., risk of harm to self or others, abuse or neglect of a child or vulnerable adult). Records of coaching sessions are kept minimal and are not medical records.

Scheduling & Fees

- Sessions are 50 minutes in length, virtual or in-person.
- Individual Coaching: \$130 per session, \$120 prepaid; Package of 12 sessions for \$1320.

- Couples Coaching: \$140 per session, \$130 prepaid; Package of 12 sessions for \$1440.
- Payment is due at the time of service (cash, credit, Venmo, Zelle, or check).

Cancellations

A minimum of 48 business hours' notice is required to cancel or reschedule a session. Late cancellations or no-shows will be billed at the full session rate.

Client Responsibilities

- Arrive on time for scheduled sessions.
- Engage fully in the coaching process.
- Take responsibility for actions and follow through.
- Communicate openly with the coach about progress and concerns.

Acknowledgment & Consent

I understand that life coaching is not therapy or a substitute for mental health care, and I take full responsibility for my decisions, actions, and results. By signing below, I consent to engage in life coaching services with Lynn Motley, LCSW, Certified Life Coach.

Client Signature: _____ Date: _____

Coach Signature: _____ Date: _____