

Life Coaching by Sharon Peters

MEMO OF UNDERSTANDING

The service that I wish to offer to you is life coaching. Coaching sessions may be in-person, by telephone, or through virtual platforms such as FaceTime and doxy. . As a life coach, I will work with you to assist you to develop skills to establish and maintain better family relationships, to help you focus on this goal, to improve your self- confidence, to help you communicate more effectively to improve these relationships, to help you to stop repeating thinking and behavior patterns that limit your success in these relationships, and generally to empower you and to encourage your personal fulfillment and self-actualization as a parent.

Coaching is not a medical, mental health or any other type of health service. It is not psychotherapy or mental health counseling. No diagnosis or treatment of, or advice regarding, any medical or mental health condition or illness will be offered. Coaching cannot substitute for, and is not an alternative to, medical or other healthcare diagnosis and treatment when a medical or mental health condition or illness is present. You are advised to seek diagnosis, treatment and advice regarding medical or mental health conditions or illnesses from physicians, psychologists, and other licensed healthcare and mental health professionals.

I hold a master's degree in Educational Psychology from Columbia University and a New York State permanent certification as a K-12 Reading Teacher. I am not however licensed as a health or mental health professional in psychotherapy, counseling, or social work. The services I wish to offer to you are not medical, psychiatric, psychological, psychotherapy or any type of healthcare or mental healthcare service. Health insurance companies do not reimburse for life coaching services. If you wish healthcare or mental health assessment, counseling or psychotherapy, then I can provide you with referrals at your request.

Please sign below indicating that you understand the nature of the coaching services that I wish to offer you, and that you have had the opportunity to ask any questions you might have about them.

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Name (Print)

Signature.

Date