



Vera Whole Health Coaching Informed Consent Form

Whole Health Coaching

A Whole Health Coach facilitates the process of behavior change and helps you move closer to your wellness vision by creating a personalized and strategic action plan. You can expect your coach to listen with curiosity and empathy, ask powerful questions and hold you accountable to your commitments. Through coaching you are empowered to initiate change and set personally motivating session goals to address a variety of concerns, such as stress, diet, exercise, nutrition, relationships or job satisfaction. Throughout the process, your coach will work beside you as a collaborative partner on your journey, helping draw out of you what you already know, believe, and desire.

Coaching services are not medical advice, nor do they replace services such as those provided by Registered Dietitians, Physical Therapists, Medical Doctors, Nurse Practitioners, Chiropractors or any other health professional. Whole Health Coaching services are a supplemental service to any of those health-related services you may need to pursue. Health Coaching considers mind, body and spirit in terms of thoughts, beliefs and behavior empowering you to make positive changes in your life to feel more fulfilled with your overall wellness. Health Coaching is not therapy and does not substitute for psychotherapy and may not be appropriate for everyone. If, after an initial assessment, our Whole Health Coaches should feel you may benefit from seeing a psychotherapist or other health practitioner, they will discuss with you and provide appropriate referrals.

You acknowledge and agree that it is your responsibility to discuss your health and wellness information with your primary care provider as necessary.

Health Coaching Process

Coaching is a collaborative process that requires active and invested participation. To get the maximum benefit from coaching, you are encouraged to come to each coaching session prepared with a topic for discussion.

Successful Health Coaching is largely dependent on your willingness to define and accept goals and try new approaches. You determine the goals and outcomes and you have the ultimate responsibility for the choices, plans, timing and actions you take.

I have read, understand, and agree to the above. I hereby consent to and acknowledge my voluntary participation in Whole Health Coaching with Vera.

Coachee Signature: _____

Date: _____

Printed Name: _____

Coach Signature: _____

Date: _____

Printed Name: _____