

# EMBODY LIFE

All coaching services and communication, email or otherwise, delivered by Morgan Osmani, MA, LPC, E-RYT, (your 'Embody Life Coach'), as well as information set forth on the [www.embodylifeyoga.com](http://www.embodylifeyoga.com) website are meant to help you identify the areas in your life, and in your thinking that may be standing in your way. However, it is important to note that coaching is not professional counseling, formal mental health care, or medical care. If you feel psychologically stressed to the point that it is interfering with your ability to function, please have the courage to seek the help you need in the form of a professional counselor. Coaching may augment your therapy, but the work of coaching is meant to be done when major emotional and psychological wounds are already healing, healed, or stabilized.

In that spirit, by purchasing coaching services from Morgan Osmani, your Embody Life Coach, you confirm that you have read and agree to each statement and that you wish to proceed:

- I understand that the coaching services I will be receiving from Morgan Osmani are not offered as a substitute for professional mental health care, or medical care, and are not intended to diagnose, treat, or cure any mental health or medical health conditions. I also understand that Morgan Osmani is not acting as a mental health counselor or medical professional.
- I understand that coaching is, at present, an unregulated industry. Despite this, Morgan Osmani is licensed as a professional counselor in the state of Texas and is part of a regulated industry and professional practice in her local region where her license is in a current good standing.
- I understand and agree that I am fully responsible for my well-being during my coaching sessions, and subsequently, including my choices and decisions.
- I understand that coaching is not a substitute for counseling, psychotherapy, psychoanalysis, mental health care, or substance abuse treatment, and will not use it in place of any form of therapy.
- I understand that all comments and ideas offered by Morgan Osmani are solely for the purpose of aiding me in achieving my defined goals. I have the ability to give my informed consent, and hereby give such consent to my coach to assist me in achieving such goals.
- I understand that to the extent our work together involves career or business, Morgan Osmani is not promising outcomes included but not limited to increased clientele, profitability, and/or business success.
- I understand that Morgan Osmani will protect my information as confidential unless I state otherwise in writing. If I report child, elder abuse or neglect or threaten to harm myself or someone else, I understand that necessary actions will be taken and my confidentiality agreement limited in this capacity. Furthermore, if Morgan Osmani is ordered by court to provide information or testify, she will do so to the extent the law requires.

- I understand that the use of technology is not always secure and I accept the risks of confidentiality in the use of email, text, phone, Skype, and other technology.
- I hereby release, waive, acquit and forever discharge Morgan Osmani, any agents, successors, assigns, personal representatives, executors, heirs and employees from every claim, suit action, demand or right to compensation for damages I may claim to have or that I may have arising out of acts of omissions by myself or by Morgan Osmani as a result of the advice given by Morgan Osmani or otherwise resulting from the coaching relationship contemplated by this agreement. I further declare and represent that no promise, inducement or agreement not expressed in this agreement has been made to me to sign this agreement. This agreement shall bind my heirs, executors, personal representatives, successors assigns, and agents.

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Printed Name

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Date Signed

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Client Signature