



*The Center for Personal Growth*  
4656 30<sup>th</sup> St., San Diego, Ca. 92116  
*Telephone: (619) 405-6378*  
*Fax: (619) 528-8054*

## NOTIFICATION OF LIFE COACH

This is to inform you that I am a Life Coach and am not a licensed therapist. Life coaching is a process which may be long or short-term. In life coaching, a client works with a coach in order to clarify goals and identify obstacles to success and problematic behaviors in order to create action plans to achieve desired results. It takes the client's current starting point as an acceptable neutral ground and is more action-based from that point onward.

The fundamentals of life coaching are what distinguish it from therapy. Life coaches do not diagnose, while therapists determine illnesses and pathologies so they can be clinically treated. Therapists analyze their client's past as a tool for understanding present behaviors, whereas life coaches simply identify and describe current problematic behaviors so the client can work to modify them. In other words, therapists focus on "why" and coaches work on "how."

Therapists help clients explore and understand their subconscious and unconscious mind. Their goal in this exploration is deep understanding. Life coaches focus on results and actions. Their goals can be measured with key performance indicators and specific behavioral outcomes and goals.

Therapy and life coaching do share certain traits and aims, however. Both therapists and life coaches work to enable clients to make positive changes in their lives and become more productive. While therapists do diagnose and treat from a healthcare perspective, not all therapy clients are ill; many healthy people seek the services of both therapists and life coaches. Therapists may at times work with specific results in mind, such as the cessation of a particular problematic behavior.

A life coach would be able to offer guidance by:

- Clarifying and achieving personal and professional goals
- Working to improve communication skills
- Achieving financial independence and security
- Achieving a work/life balance

Coaching tends to focus on the present and future rather than the past. Coaches help people identify their goals and the obstacles they are facing. Like therapy, coaching involves guidance and support but also places a great deal of emphasis on accountability, enabling people to do more than they might on their own.

Coaches work with people who are basically healthy and functional but not reaching their full potential. Coaching almost always addresses an individual's mindset and attitude by uncovering self-limiting beliefs and negative self-talk. A person being coached is assumed to have all the answers they need within them; the coach's job is to facilitate the discovery of those answers by asking the right questions.

Your signature below indicates that you have read and understand all the above, have had any questions answered and agree to the conditions described. You will be given a copy of this form for your records.

---

Client Signature

Date

***"Dedicated To Improving Your Mental Health"***

[www.centerforpg.com](http://www.centerforpg.com)

*Notification\_of\_Life\_Coach.doc*