



# Megan Baldwin Consulting, LLC

## **THE COACHING PROCESS**

Health Coaching is an ongoing professional relationship that helps the client deepen his or her understanding of preventative health practices and enhances their holistic approach to health. The health coach asks questions, provides information, and gives feedback within a structured development process that is forward-moving and goal-directed. Coaching is not therapy. As a client, you make your own choices toward the realization of your development while accepting full responsibility for both your actions and decisions.

## **CONFIDENTIALITY**

To ensure your privacy, all conversations, information, and assessment reports in the coaching development process are deemed confidential. This confidentiality clause includes, but is not limited to, proprietary information, trade secrets, financial information, scientific know-how, technology, concepts, designs, prototypes, research and development, techniques, processes, formulas, codes, work in progress, inventions, or other similar matters.

If for any reason our specific conversations need to be discussed with a third party, information may be divulged only by your consent. Any information deemed to cause personal harm to you, or another will not be considered confidential and does not fall under the terms of this agreement. In an emergency, information may be released to an appropriate party in accordance with acceptable professional practices.

## **INTELLECTUAL PROPERTY**

The concepts, definitions, format, programs, and content of the health coaching process are the intellectual property of Megan Baldwin and her associates. Intellectual property laws prohibit the distribution or repackaging of this material without the written consent of its author.

*Upon reviewing this document, please sign and date in the spaces below, signifying that you agree to the above terms.*

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Signature

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Date