



A Life Coach is a professional who encourages and counsels 'clients on a range of personal and professional issues. Life coaching is distinct from giving advice, consulting, mentoring, and administering psychotherapy. A Life Coach may be hired to assist those with specific professional goals, transitions and identifying personal/professional blocks that are holding them back from achieving their happiness and success.

The creative partnership between the life coach and their client seeks to:

- Identify, clarify and create a vision for what the client wants
- Use coach's expertise to modify goals as needed
- Encourage client's self-awareness and growth
- Nurture and evoke strategies and a plan of action based on what fits best with the client's goals, personality and lifestyle
- Foster client accountability to increase productivity

One of the best things that life coaches do is to equip you with methods and tactics that will help you make the right decisions for yourself and your future. They walk you through these processes regarding whatever you are working towards, and eventually you will start developing that problem-solving mindset that they are working on with you. This mindset will start to work its way into your everyday life and change how you make decisions on a daily basis because it simply makes sense.

Life and Wellness coaching services do not include diagnosing and/or treating psychological or medical conditions. Diagnosing and treatment for psychological and/or medical conditions is for a trained mental health and/or medical professional and not for a Life and Wellness Coach.

I look forward to working together with you on your journey and helping you reach your full potential.

-----Dale Rogalski, MA

Certified Life and Wellness Coach



INNER PEACE BEHAVIORAL HEALTH, PLLC

Legal Disclaimer Notice

COACHING IS NOT THERAPY, COUNSELING OR CONSULTING

Coaches does not diagnose, repair, analyze or prescribe. Although coaching can be emotional and profound, coaches don't focus on issues of pathology or unresolved psychological issues of the past. Although we focus on the whole person with all their experiences, joys and sorrows, coaches concentrate on the present and future rather than digging into the past.

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Diagnosing psychological or medical conditions is for trained medical professionals (Physicians and Therapists), not for a Life Coach.

Any decisions you make, and the consequences thereof are your own. Under no circumstances can you hold Dale Rogalski or Inner Peace Behavioral Health, PLLC liable for any actions that you take. You agree not to hold Inner Peace Behavioral Health, PLLC or Dale Rogalski, certified Life Coach, liable for any loss or cost incurred by you, or any person related or associated with you, as a result of materials or techniques, or coaching, offered by either Dale Rogalski or Inner Peace Behavioral Health, PLLC. Results are not guaranteed. Inner Peace Behavioral Health, PLLC and/or Dale Rogalski hold no responsibility for the actions, choices, or decisions taken or made by the client. The owner of and contributors to Inner Peace Behavioral Health and www.innerpeacebh.net accept no responsibility or liability whatsoever for any harm - real or imagined - from the use or dissemination of information contained here.

If these terms are not agreeable, do not engage the services. By engaging the services of Dale Rogalski and/or Inner Peace Behavioral Health, PLLC you have agreed to all terms and conditions.

Printed Legal Name: _____ Date: _____

Signature: _____

Guardian Printed Name: _____ Guardian Signature (if a minor) _____