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### ****Consent Form for Teen Life Coaching Services****

**Parent/Guardian Consent for Life Coaching with Under-18s**

**Client Information**

* **Client Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Date of Birth:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Parent/Guardian Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Relationship to Client:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Coach Information**

* **Coach Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Business Name (if applicable):** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Contact Information:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Coaching Location (if applicable):** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Overview of Life Coaching Services**

Life coaching provides support and guidance to young people to help them achieve their personal goals, develop life skills, and build self-confidence. Coaching is a client-led process and focuses on personal development, decision-making, time management, communication, emotional well-being, and preparing for future transitions such as education or career planning.

Coaching is not counseling, therapy, or a substitute for professional mental health care. It is a structured process that empowers young people to take control of their lives, set goals, and make informed decisions.

**Confidentiality and Safeguarding**

All coaching sessions are private, and information shared in the sessions will be kept confidential, except in cases where:

* The client is at risk of harm to themselves or others.
* The client discloses information related to abuse or neglect.
* The coach is required by law to disclose certain information.

In safeguarding situations, I may need to inform parents, guardians, or appropriate authorities to protect the client’s well-being. I will take all reasonable steps to maintain confidentiality in line with legal and ethical guidelines.

**Parental Involvement**

As part of the coaching process, I may provide updates or discuss progress with parents/guardians if needed, unless the young person prefers otherwise or confidentiality prevents sharing specific details. I encourage open communication between the client, coach, and parent/guardian to support the client’s growth.

**Consent for Data Processing**

In line with the **General Data Protection Regulation (GDPR)**, I require your consent to collect and process personal data for the purpose of providing coaching services. This includes the client’s personal information, session notes, and any relevant sensitive data.

Data will be handled in accordance with my **GDPR-compliant data protection policy** and will not be shared with third parties without consent, except in safeguarding situations or legal obligations. You have the right to access, correct, or request the deletion of personal data at any time.

**Consent for Participation in Life Coaching**

I, the undersigned, give my consent for my child/young person to participate in life coaching services. I understand the nature of the coaching process and agree to the following:

1. **Participation**: I give my consent for my child/young person to participate in coaching sessions, either in person or online.
2. **Confidentiality**: I understand the confidentiality policy and acknowledge the exceptions to confidentiality for safeguarding purposes.
3. **Data Protection**: I consent to the processing of my child’s personal data as outlined in the data protection section of this form.
4. **Withdrawal of Consent**: I understand that I have the right to withdraw this consent at any time by providing written notice, but that this will not affect the lawfulness of data processing prior to the withdrawal.

**Signatures**

By signing below, I confirm that I have read, understood, and agree to the terms of this consent form.

* **Parent/Guardian Name (printed):** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Signature of Parent/Guardian:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Client Name (printed):** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Signature of Client (optional for under 18s):** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Contact Information**

If you have any questions or concerns, please feel free to contact me at:  
**Phone:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
**Email:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_