



Kairos Pathways
Helping you through life's defining moments.

Coaching Expectations and Agreement

1. What You Can Expect from Your Coach

- A safe, compassionate, and confidential environment grounded in respect and integrity.
- Mind–body–spirit integration: we honour your body, emotions, and inner guidance.
- Practical tools and reflective practices tailored to your unique journey.
- Clear structure, support, and a focus on embodied transformation.

2. What We Ask of You, the Client

- Engage actively and honestly in the process.
- Be willing to explore new ideas, practices, and perspectives.
- Communicate any discomfort or boundaries clearly.
- Attend sessions consistently – or let us know at least 24 hours ahead if you cannot attend.

3. Confidentiality & Privacy of Your Information

- All information shared is confidential. Notes and assessments remain private, unless disclosure is required by law.
- You have the right to understand how we use, store, and protect your personal data.
- If you wish to authorize us to share information (e.g., with medical professionals or family), we will obtain your written consent – always.

4. Required Legal Exceptions (Duty of Care)

Under law and ethical standards, confidentiality may be broken only in these situations:

- **Risk of harm to yourself or others:** If you express a clear and imminent risk of self-harm or harm to another person, we must take action – such as contacting emergency services or loved ones – to ensure safety. This is commonly called the **duty to warn** or **duty to protect**.
- **Suspected abuse:** If there is reasonable suspicion of child abuse or harm to a vulnerable adult, we are legally required to report it to authorities.
- **Legal orders or subpoenas:** If required by court order, we must provide limited records. We will inform you of the request unless legally prohibited.

5. Transparency and Follow-Up

- In the rare event that confidentiality must be breached, we will act with care, only sharing the minimum necessary information to safeguard you or others.
- We will be transparent in our documentation and, where possible, communicate with you after taking such steps.

6. Further Understandings

- I understand that Kairos Pathways offers coaching, not psychotherapy, diagnosis, or medical treatment.
- I acknowledge that coaching may involve emotional, physical, or spiritual exploration.
- I consent to participate voluntarily and understand I may pause or discontinue coaching at any time.
- I understand that if I choose to discontinue coaching, I'll only be responsible for payment of sessions already held or booked.
- I affirm that I have read and agree to the above terms. My signature indicates that I have decided to work with Kairos Pathways.

Print Name: _____ **Signature:** _____

Date: _____ (YYY-MM-DD)