



TransformU

TransformU
Wendie Lubinsky

917-334-8512
Certified Personal Trainer, Group Fitness
Instructor, Nutrition Coach, Life Coach,
Weight Loss Coach, Mental Toughness Coach

TransformU Informed Consent Form For Health & Fitness Coaching

Whole Health Coaching

A Whole Health Coach facilitates the process of behavior change and helps you move closer to your wellness vision by creating a personalized and strategic action plan. You can expect your coach to listen with curiosity and empathy, ask powerful questions and hold you accountable to your commitments. Through coaching you are empowered to initiate change and set personally motivating session goals to address a variety of concerns, such as stress, diet, exercise, nutrition, relationships or job/school satisfaction. Throughout the process, your coach will work beside you as a collaborative partner on your journey, helping draw out of you what you already know, believe, and desire.

Coaching services are not medical advice, nor do they replace services such as those provided by Registered Dietitians, Physical Therapists, Medical Doctors, Nurse Practitioners, Chiropractors or any other health professional. Coaching services are a supplemental service to any of those health-related services you may need to pursue. Health Coaching considers mind, body and spirit in terms of thoughts, beliefs and behavior empowering you to make positive changes in your life to feel more fulfilled with your overall wellness. Health Coaching is not therapy and does not substitute for psychotherapy and may not be appropriate for everyone. Professional psychological and medical care are always an important part of a healthy life style and recommended.

Health Coaching is not therapy and does not substitute for psychotherapy or medical care and may not be appropriate for everyone. Follow-up care must be adhered to and followed by anyone that has been recommended to do so by any other medical professional. It is the responsibility of the patient/client to inform TransformU of any and all medical advise. You acknowledge and agree that it is your responsibility to discuss your health and wellness information with your primary care provider and and other overseeing medical professionals as necessary.

Health Coaching Process

Coaching is a collaborative process that requires active and invested participation. To get the maximum benefit from coaching, you are encouraged to come to each coaching session prepared with any assignments you have been asked to do and your journal.

Successful Health Coaching is largely dependent on your willingness to define and accept goals and try new approaches. You determine the goals and outcomes and you have the ultimate responsibility for the choices, plans, timing and actions you take.

I have read, understand, and agree to the above. I hereby consent to and acknowledge my voluntary participation in Whole Health Coaching through TransformU (Wendie Lubinsky).

TransformU (sign): _____

Date: _____

Client/Patient (sign): _____

Child Name: _____

Parent 1 (sign): _____

Date of Birth (Child): _____

Parent 2 (sign): _____