

# Thank you for your interest in Life Coaching with Carrie O'Toole Ministries



Carrie O'Toole, M.A.

Aimee Hart, M.A.

Jen Opgenorth, M.A.

**Here are a few things we'd like you to know...**

**Please initial each item:**

\_\_\_1. Carrie O'Toole holds a Master's Degree in Human Services, Marriage and Family from Liberty University, and is a Christian Life Coach certified by Light University, a branch of the American Association of Christian Counselors ([www.aacc.net](http://www.aacc.net)). Carrie is *not* a Licensed Professional Counselor (LPC). Because LPCs can only see clients face to face in the state of Colorado, Carrie chose to forego the requirements of state licensure so that she could continue making her coaching services available to clients that reside in other states or countries.

Aimee Hart holds a Master's Degree in Counseling from Liberty University, and she is working on her Ed.D. in Traumatology. Jen Opgenorth holds a bachelor's degree in Psychology and a master's degree in Counseling, is working on a second master's degree in Clinical Mental Health, and licensure. Our coaches work with clients via phone and Zoom video.

\_\_\_2. The coaching offered through Carrie O'Toole Ministries is *not* considered professional counseling or therapy, but rather, comes from our coaches own personal experiences in dealing with attachment issues, parenting, adoption, grief, and trauma recovery.

\_\_\_3. Life Coaching is not a regulated industry. If your preference is to work with a licensed professional counselor who is regulated by your state's mental health laws, we recommend you call 1-800-NEW-LIFE for a professional counselor in your area.

\_\_\_4. Our coaches have insufficient experience with such major issues as manic depression, bi-polar disorder, or suicidal tendencies. If you struggle with such mental health issues, coaching may not be the right fit for you. Again, we recommend you call 1-800-NEW-LIFE for a referral to a professional counselor who is more familiar with personality or mood disorders.

\_\_\_5. All information shared during coaching sessions will be kept strictly confidential (unless otherwise required by law, such as in the case of suicide or homicide threats, or the abuse of a child). Our coaches are happy to consult with any other counseling professional with which you are working, but a written release must be signed by the client prior to such communication taking place.

\_\_\_6. Sessions with Aimee and Jen are \$96 per 1-hour session. Session with Carrie are \$125 per 1 hour session, billable at [carrieotoole.com](http://carrieotoole.com) on the Store page. Payment is due 24 hrs. before each session.

\_\_\_8. Coaching sessions may be conducted in person, via phone or Zoom video.

\_\_\_9. Our coaches promise to be conscientious of your time by starting and ending the session in a timely manner. They ask for the same consideration. If you need to cancel or postpone a session, please contact your coach at least 24 hours in advance of your session, so they can make your time slot available to other clients. Failure to provide such notice is forgiven one time. Subsequent last-minute cancellations will be charged at full rate.

\_\_\_10. Although our coaches are happy to schedule sessions for you as quickly as possible when the need arises, they are not stand-by crisis counselors. Please schedule your sessions well in advance, especially if you require a certain day of the week, or time of day for your session.

\_\_\_11. Clients are welcome to end the coaching relationship at any time they feel ready to do so.

By signing below, I acknowledge that I have read and understand each of the initialed items above.

---

Signed

---

Dated