

**Life Coaching by Yuen Chan**  
[www.yuensingchan.com](http://www.yuensingchan.com)

***MEMO OF UNDERSTANDING***

The service that I am offering is life coaching, couples coaching, organization coaching, executive leadership coaching, and mindfulness coaching. Coaching sessions may be in-person, by telephone, or by video platforms like Zoom or Google Meet. As a life coach, I will work to assist you to: develop skills to establish and maintain better personal, professional, familial, and social relationships, to improve your self-confidence and self-worth, to help give you concrete direction on communication skills, and to help you stop repeating maladaptive thinking and behavior patterns that limit your success. In general, our goal is to empower you and to encourage you to live a rich, fuller life. Coaching may include directives in work, school, and your personal life, and to help you harness your energies towards clearly defined goals.

Coaching is not a medical, mental health or any other type of health service. It is not psychotherapy or mental health counseling. No diagnosis or treatment of, or advice regarding any medical or mental health condition or illness will be offered. Coaching cannot substitute for, and is not an alternative to, medical or other healthcare diagnosis and treatment when a medical or mental health condition or illness is present. You are advised to seek diagnosis, treatment and advice regarding medical or mental health conditions or illnesses from physicians, psychologists, and other licensed healthcare and mental health professionals.

I hold a Master of Social Work (MSW) degree in Social Work from Hunter Silberman School of Social Work and am a licensed MSW in the State of New York and in my professional practice specializing in clinical social work. However, the services I will be providing for you are not medical, psychiatric, psychological, psychotherapy, or any other type of healthcare or mental healthcare service. That I have a professional license does not mean that my coaching services are necessarily superior to the services of an unlicensed life coach. Health insurance companies do not reimburse for life coaching services. If you decide you want a mental health assessment, counseling or psychotherapy, I can help to provide you with referrals at your request.

Please sign the below indicating that you understand the nature of the coaching services that we are agreeing to, and that you have had the opportunity to ask any questions you might have about them.

\_\_\_\_\_  
Name (Print)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date