

Atlas Coaching Services Application & Intake Form

Personal Development | Professional Growth | Leadership | Wellness

Purpose of Coaching Services

Atlas Counseling, LLC offers non-clinical coaching services designed to support individuals in developing personal and professional goals, strengthening skills, navigating transitions, enhancing leadership abilities, and improving overall wellness.

Coaching is a collaborative, goal-oriented process emphasizing personal growth, education, practical strategies, accountability, and skill development. Services may include discussions, reflective exercises, action planning, and individualized strategies to support progress toward identified goals.

Coaching is not psychotherapy, mental health counseling, or clinical treatment.

Important Disclaimer: Coaching vs. Counseling

Although Atlas Counseling, LLC provides both professional mental health counseling and non-clinical coaching services, these services are separate and serve different purposes.

Mental Health Counseling (Clinical Services)

Mental health counseling is a professional healthcare service provided by a licensed mental health professional. Counseling may involve clinical assessment, diagnosis, treatment planning, and evidence-based therapeutic interventions to address mental health conditions, emotional distress, trauma, behavioral concerns, and psychological functioning.

Coaching (Non-Clinical Services)

Coaching is a non-clinical service focused on personal and professional development, future-oriented goals, skill building, leadership, decision-making, wellness education, and accountability. Coaching does not involve diagnosing or treating mental health disorders, conducting clinical assessments, providing psychotherapy, or delivering crisis intervention services.

Counseling	Coaching
Clinical mental health service	Non-clinical developmental service
May involve diagnosis and treatment	Does not diagnose or treat
Addresses mental health symptoms and disorders	Focuses on goals, skills, and growth
Uses clinical treatment plans	Uses coaching goals and action plans
May involve processing trauma and psychological distress	Focuses on practical strategies and future development
Governed by professional healthcare and licensing requirements	Governed by applicable laws, agreements, and professional boundaries

Important Service Boundaries

- Coaching does not replace psychotherapy, mental health counseling, psychiatric care, or other healthcare services.
- Participation in coaching does not establish a clinical therapist-client relationship.
- A coach may have professional training or credentials in mental health; however, those qualifications do not make coaching sessions clinical treatment.
- Coaching is not intended to assess, provide diagnose, or treat mental health conditions such as: depression, anxiety, PTSD, or substance use disorders.
- Individuals may participate in coaching while receiving mental health treatment from another provider, provided that coaching remains within its non-clinical scope.
- If concerns arise that require clinical assessment or treatment, a referral or recommendation for appropriate professional services may be provided.
- Coaching is not a crisis response service. Individuals experiencing an immediate emergency should contact emergency services. In the United States, 988 is available for suicide and crisis support.

Section 1. Applicant Information

Name: _____

Date: _____

Phone: _____

Email: _____

Preferred Contact: ☐ Phone ☐ Email ☐ Text

Occupation/Professional Role: _____

Organization/Employer (Optional): _____

How did you hear about Atlas Counseling? _____

Section 2. Coaching Areas of Interest

Please select all areas you would like to explore through coaching.

Personal Development & Growth

☐ Personal goal setting ☐ Confidence and self-advocacy ☐ Motivation and accountability ☐ Identifying personal strengths ☐ Decision-making and problem-solving ☐ Time management and organization ☐ Personal growth and development ☐ Navigating life transitions

Professional Development & Career

☐ Career development and planning ☐ Professional goal setting ☐ Workplace communication ☐ Professional boundaries ☐ Work-life balance ☐ Career transitions ☐ Interview and presentation skills ☐ Professional confidence

Leadership & Supervision

☐ Leadership development ☐ Supervisory skills ☐ Communication and feedback ☐ Conflict resolution ☐
Team building and collaboration ☐ Delegation and accountability ☐ Leadership confidence and identity ☐
Navigating organizational change ☐ Ethical decision-making

Wellness & Resilience

☐ Personal wellness planning ☐ Stress management education ☐ Building resilience ☐ Burnout prevention ☐
Self-care and sustainable routines ☐ Healthy boundaries ☐ Occupational wellness ☐ Balancing competing
responsibilities

First Responder & High-Stress Professions

☐ Career longevity and sustainability ☐ Managing occupational demands ☐ Transitioning into leadership or
supervisory roles ☐ Peer support skills ☐ Professional identity outside of work ☐ Navigating shift-work
routines ☐ Workplace communication ☐ Career transitions and retirement planning ☐ Developing support
systems

Relationships & Communication

☐ Interpersonal communication ☐ Assertiveness and self-advocacy ☐ Setting and maintaining boundaries ☐
Navigating difficult conversations ☐ Relationship goals ☐ Strengthening support networks ☐ Conflict
management

Other Areas of Interest:

Section 3. Coaching Goals & Expectations

What are your primary goals for participating in coaching?

What would you like to accomplish through coaching?

What challenges or barriers may be affecting your progress toward these goals?

What type of guidance, support, or accountability would be most helpful?

Have you previously participated in coaching?

Section 4. Coaching Preferences

Preferred Format:

☐ In-Person ☐ Virtual ☐ No Preference

Preferred Frequency:

☐ Weekly ☐ Every Two Weeks ☐ Monthly ☐ As Needed ☐ To Be Determined

Additional Information:

Section 5. Coaching Services Acknowledgment & Disclaimer

Please review and acknowledge the following statements before participating in coaching services through Atlas Counseling, LLC.

_____ I understand that coaching is a non-clinical service focused on personal and professional development, education, goal setting, and skill building.

_____ I understand that coaching is separate from mental health counseling, psychotherapy, and other clinical healthcare services.

_____ I understand that coaching does not include mental health diagnosis, psychological assessment, psychotherapy, clinical treatment planning, or crisis intervention.

_____ I understand that participation in coaching does not establish a therapist-client relationship, even if the coach holds a professional mental health license.

_____ I understand that coaching is not a substitute for mental health treatment and that I may be encouraged to seek appropriate clinical services if concerns arise beyond the scope of coaching.

_____ I understand that coaching may involve personal reflection and discussion of challenges, but the purpose remains non-clinical goal development and practical skill building.

_____ I understand that coaching does not guarantee specific personal, professional, or organizational outcomes.

_____ I understand that confidentiality, privacy, recordkeeping, and any applicable limits will be addressed in a separate Coaching Services Agreement.

Applicant Acknowledgment

By signing below, I acknowledge that I have reviewed and understand the differences between coaching and professional mental health counseling. I understand the non-clinical nature and limitations of coaching services provided through Atlas Counseling, LLC.

Client Signature: _____

Date: _____