

# Code of Ethics

Amberleigh Maida | PRT Practitioner & Life Coach, ACC

I believe that coaching is most powerful when it is grounded in trust, compassion, and clear ethical boundaries. This Code of Ethics reflects the standards I hold myself to as a professional coach and the values that guide my work. It exists so you always know what you can expect from me and how I strive to show up in our coaching relationship.

## 1. Respect for Your Autonomy

Coaching honors you as the expert in your own life. I commit to supporting your self-discovery, empowering your decision-making, holding space for your strengths and perspectives, and allowing you to choose the direction and pace of our work.

## 2. Creating a Safe, Supportive Environment

I am committed to offering a space where you feel heard, respected, grounded, and emotionally safe. I will show up prepared, present, and engaged in every session. I welcome clients from all backgrounds and identities.

## 3. Confidentiality & Privacy

Everything you share with me is confidential. I will never release any identifying information without your written consent. The only exception is when there is a clear indication of imminent harm to yourself or someone else.

## 4. Professional Boundaries

I will maintain a professional coaching relationship, avoid dual roles, refrain from inappropriate relationships, and keep communication between sessions limited to logistics unless otherwise agreed upon. I will show up as your coach—not as a therapist or advisor outside my scope.

## 5. Honest Representation of Qualifications

I will accurately represent my training, background, and experience. If a challenge arises that is better served by a licensed mental health professional or another resource, I will openly discuss this and offer referrals.

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## 6. Integrity in the Coaching Relationship

I commit to being truthful, not making promises or guarantees, keeping agreements, communicating clear boundaries, and adhering to ethical standards consistent with the International Coaching Federation (ICF). If something feels unclear or misaligned, I welcome open conversation so we can address it together.

## 7. Avoiding Conflicts of Interest

I will disclose any situation where my personal interests could affect our coaching relationship. I will only accept compensation or bartering arrangements that do not compromise the integrity of our work.

## 8. Commitment to Professional Growth

I continue to learn, reflect, and refine my coaching skills so I can serve clients with clarity, integrity, and excellence. When needed, I seek supervision, mentorship, or additional training.

## 9. Your Right to End Coaching

You always have the right to pause or end coaching. If I ever feel coaching is no longer effective or appropriate, I will discuss this with you respectfully.

## A Final Note

My goal is to support you with presence, compassion, and professionalism. This Code of Ethics reflects my commitment to showing up with integrity in every session. If you ever have questions about these standards, I am always happy to talk with you.