

CLIENT AGREEMENT & RELEASE

Before we begin, please read and sign this agreement. This agreement sets the context in which you will achieve the outcome you want. It also covers some of the issues of laws governing our relationship.

Integrative Wellness & Life Coaching

1. Integrative Wellness & Life Coaching and the tools and techniques used, such as Emotional Clearing Method (ECM), are alternative or complementary health care under the laws of a number of states: The person you will be working with is not licensed. That means that he/she is not a Medical Doctor, psychiatrist, psychologist, Masters in Family and Child Counseling, or a Masters in Social Work. Nothing that happens here should be construed as a substitute for the advice of a licensed person.

2. What to expect: Your alternative practitioner has been trained and certified in Integrative Wellness & Life Coaching and Emotional Clearing Method and will be using these tools and techniques. The work will probably be different from what you might have expected. In total, we will not spend a lot of time talking about the problem, just gathering information about it. In fact, most sessions are spent on the things that will help resolve the problem. It is very important for us to discover the internal process and core of HOW & WHY you experience the problem and what is blocking you from moving forward. If you have been in a therapy session before, expect that this one will be very different, and quite a bit shorter.

3. This is the process: We begin with a client intake session that will be similar to a first visit with a doctor or therapist where much of your history will be reviewed. This is a question and answer heavy process that takes most clients 1.5-2 hrs to complete and lays a strong foundation of discovery in order to move forward.

4. After the session(s): Together we come up with an action plan which will include some very specific tasks to do. Do your best to complete these; however, YOU are the one who will determine what feels like an appropriate amount of "work" or "action steps" given the amount of time, energy and resources you have to work on achieving the results you desire. These action steps are, absolutely, fundamental part of the process. They make take up to several days or weeks to complete.

5. This is alternative or complementary health care and therapy: Your Integrative Wellness & Life Coach is a legal Complementary Healthcare Provider, and not a Medical Doctor, psychiatrist, psychologist, Masters in Family and Child Counseling, or a Masters in Social Work. The services you receive are not licensed in this state, nor or they regulated by a governmental body. The self-regulated holistic treatments and client-centered disciplines in which your practitioner is trained and in which she/he has experience including consulting and coaching, ECM (emotional Clearing Method). We will always provide only those services in which we have been trained, and if we find that we cannot help you, we will refer you to a licensed person who can assist you.

Coaching

Professional coaching brings many wonderful potential benefits: fresh perspectives on personal challenges, enhanced decision-making skills, greater interpersonal effectiveness, and increased confidence. Those who undertake coaching can typically expect appreciable improvement in productivity, satisfaction with life and work, and the attainment of relevant goals. Coaching is defined as partnering with clients in a thought-provoking and creative process that inspires them to overcome core issues and maximize their personal and professional potential. Coaches honor the client as the expert in his or her life and work and believe every client is creative, resourceful, and whole. Standing on this foundation, the coach's responsibility is to:

- Discover, clarify, and align with what the client wants to achieve
- Encourage client self-discovery
- Elicit client-generated solutions and strategies
- Help the client take responsibility for their outcomes and hold the client responsible and accountable

This process helps clients dramatically improve their outlook on work and life, while improving their leadership skills and unlocking their potential. Your practitioner is a Certified Integrative Wellness & Life Coach as accredited by the Integrative Wellness Academy

Confidentiality

We keep all information we receive from you confidential, and do not disclose it to persons outside our company. All client information is kept strictly confidential and is for our internal use only. (Importantly, we are required in some states to share information about child abuse with state bodies who oversee such matters.)

Your Choice, Your Responsibility

During the sessions, we may offer you advice and other ways of looking at any and all presenting problems and their solutions for your consideration. You hereby agree that whatever we discuss is only our perspective and is not binding upon you, nor is it a prescription. If you want to discuss our suggestions with someone else, you should discuss them with a licensed health care provider. It is your responsibility to confirm whether any changes we made produced the desired results. It is your responsibility to communicate your results to us. Our liability is limited to the amount paid for the work.

RELEASE OF LIABILITY

I understand that __Jennifer McLeland__ is an Integrative Wellness & Life Coach dedicated to sharing their knowledge, tools and resources with their clients.

I represent that I am in good physical and emotional condition and have no medical reason or impairment that might prevent me from gaining coaching from __Jennifer McLeland__. I

acknowledge ___ Jennifer McLeland _____ will not give me medical advice and their services are meant to be support in addition to any other medical professional's treatments necessary, not in replacement of. If I have any physical or medical concerns now or in the future, I must discuss them with my physician or mental health professional and provide a release to ___ Jennifer McLeland _____ from my physician.

I, the undersigned, hereby release ___ Jennifer McLeland of Holistic Head To Toe ___ its officers, members, employees, representatives and agents from any and all liability and claims, demands, rights of action or action, which are related to, arise out of, or are in any way connected with the participation in coaching services that may arise.

Waiver Section of 1542. With respect to all matters, facts, events or occurrences herein, I expressly waive all rights under Section 1542 of the California Civil Code and any an all provisions, rights and benefits of any similar statute of any other jurisdiction. Section 1542 of the California Civil Code provides:

“A GENERAL RELEASE DOES NOT EXTEND TO CLAIMS WHICH THE CREDITOR DOES NOT KNOW OR SUSPECT TO EXIST IN HIS FAVOR AT THE TIME OF EXECUTING THE RELEASE, of WHICH, IF KNOWN BY HIM, MUST HAVE MATERIALLY AFFECTED THE SETTLEMENT WITH THE DEBTOR.”

I have carefully read and fully understand and agree to the foregoing statement and release.

Date _____ **Signed** _____

If the client is under 18 years of age: I/we the undersigned, as legal guardian(s) and on the behalf of _____ have carefully read and fully understand and agree to the release.

Date _____ Signed _____

Personal Information:

Last Name: _____ First Name: _____

Address: _____ Apt#: _____

City: _____ State: _____ Zip: _____

Email: _____

Date of Birth: _____

Cell Phone: _____ Home Phone: _____

How did you hear about us?:

