

# STRESS MANAGEMENT

## DISCLOSURE, CLIENT COMMITMENT & AGREEMENT



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PROPOSED BY

COACH

SONJA SIMAK

## ABOUT THE STRESS MANAGEMENT

# DISCLOSURE & CLIENT COMMITMENT & AGREEMENT



Before we commence with my life coaching program, please read this disclosure and commitment agreement. I need both signed and dated. This is to acknowledge that you have read and that you understand what you are committing to. The legal stuff is in the disclosure. I have kept to a minimum. Please ensure you understand everything before signing it. Call me if you do not understand anything so that I can clarify your query. The Client commitment agreement is not a legal document. It's your personal commitment to me that you are serious about getting different results in your life.

## The Disclosure

### 1. My legal status

All the techniques and skills I use are considered either coaching or complementary health care under the law. I am not a licensed medical doctor or psychological practitioner. That means that I am not a Medical Doctor, psychiatrist, psychologist, Master's in Family Therapy (MFT), or a Master's in Social Work (MSW). The services you receive are not licensed in this country, nor are they regulated by a governmental body.

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YOUR  
HANDS**  
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## DISCLOSURE & CLIENT COMMITMENT & AGREEMENT



### **Traumatologist and Addictionologist**

Various techniques and understandings are used to elicit and disperse of trauma's that may have led to the resulting problem. TIRT - Traumatic Incident Reduction Technique allows for instant and final release of recurring trauma. Mentoring through the healing process of a dependency is a fundamental requirement.

### **Natural Health Care Practitioner**

I do not prescribe or dispense any allopathic medication

### **Systemic Constellations**

Systemic Constellations are a methodology that uses a spatial representation of the key elements of a client's proposed topic.

Working with this representation

- \*Increases self-awareness
- \*Opens up to more choices
- \*Creates inner alignment

Such that the client gains clarity about how to achieve his/her goals

### **Master Transformation Life Coaching**

This "is a process that enables learning and development to occur and thus performance to improve. To be successful, a coach requires knowledge and understanding of the process as well as the variety of styles, skills and techniques that are appropriate to the context in which the coaching takes place."

### **Negative Emotional Therapy™**

The techniques are a process of active imagination where the client imagines floating above his/her TimeLine and letting go of his/her negative emotions and or limiting decisions (or limiting beliefs). Then the client is also asked to imagine creating events in his future that support his goals or outcomes. Negative Emotional Therapy™ have demonstrated results in a broad variety of presenting problems. It is a powerful technique which allows clients to make long-lasting changes in a very rapid way. I am a certified practitioner of Negative Emotional Therapy™.

### **Neuro-Linguistic Programming (NLP)**

NLP is a model of communication, how we communicate to self and others and how that communication creates and affects our behaviour. As a study, it is a synthesis of cognitive and behavioural philosophies which focus on the information coming in through the neurology (cognitive) and the programs we run inside our heads to produce the behaviours (behavioural) we do. I am certified as an NLP Practitioner and Life Coach.

## DISCLOSURE & CLIENT COMMITMENT & AGREEMENT



### Confidentiality

I keep all information I receive from you, confidential, and do not disclose it unless I am required to disclose any information by the law.

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### Guarantees

I will always provide only those services in which I have been trained, and if I find that I cannot help you, I will refer you to a licensed person who can assist you. Furthermore, nothing that happens when we meet should be construed as, nor should you believe that it is a substitute for the advice of a licensed person.

All work that I do is guaranteed. That means that you will receive the support and follow-up to ensure that you get the results you wanted. I guarantee my work because my experience has shown me that my clients always get results.

#### The guarantee works like this:

You must finish the program. That means, attend every session. You must go through the entire process all the way to the end.

Failure to attend every session nullifies this guarantee.

You must do the tasking before and after the session, and you need to do it fully and completely.

Failure to do the tasking between sessions nullifies this guarantee.

Having done this and allowed for the process to integrate then I agree to work with you until your problem is gone at no charge beyond the initial sessions. This does not include the maintenance program which may follow this initial program.

# ABOUT THE STRESS MANAGEMENT

## DISCLOSURE & CLIENT COMMITMENT & AGREEMENT



All fees should be paid prior to commencing the first session unless otherwise agreed as below.

Fees are calculated as follows: we commence with my life coaching program, please read this disclosure and commitment agreement. You need to sign and date both. This is to acknowledge that you have read and that you understand what you are committing to. The legal stuff is in the disclosure. I have kept it to a minimum. Please ensure you understand everything before signing it. Call me if you do not understand anything so that I can clarify your query. The Client commitment agreement is not a legal document. It's your personal commitment to me that you are serious about getting different results in your life.

Payment in full or monthly acknowledges your commitment and agreement to this program as set out in this document.

Stress Management Program

R 5,970.00

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# DISCLOSURE & CLIENT COMMITMENT & AGREEMENT



## Your Choice, Your Responsibility

During the life coaching program, I will offer you advice and other ways of looking at your problem and solutions for your consideration. Whatever we discuss is only my perspective and is not binding upon you, nor is it a prescription. If you want to discuss my suggestions with someone else, you should discuss them with a licensed health care provider. It is your responsibility to confirm whether or not any changes we made produced the desired results. It is your responsibility to communicate your results to me.

## Client Disclosure

If you are in therapy or treatment with a licensed practitioner, you need to present me a letter of referral from him/her before we start the life coaching program. If you have been prescribed medication to take by him/her, you need to present me a letter of consent from him/her before we start. This means a short written note stating that you have informed your health care provider of your decision to engage in my life coaching program.

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## ABOUT THE STRESS MANAGEMENT

# DISCLOSURE & CLIENT COMMITMENT & AGREEMENT



By signing this disclosure, I confirm that I have read and understood it clearly and accept my responsibility to comply with disclosing any information determined relevant by this disclosure.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signed: \_\_\_\_\_

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# ABOUT THE STRESS MANAGEMENT

## CLIENT COMMITMENT AGREEMENT



I, \_\_\_\_\_ on this day

\_\_\_\_\_ of \_\_\_\_\_ hereby choose to agree and commit to:

### **Be open to learning at every possible opportunity**

Change anything I need to change to get what I want

To let go of anything in my past that hinders my future or is bad for me

Follow Sonja's instructions

### **Terms & Conditions**

There are no special terms and conditions, exception clauses or any other legal jargon in this commitment agreement. This agreement is only binding as long as you want it to be. You can exit at any time. I will not impose any penalties on you what so ever in any circumstance. There is only 1 clause in this agreement, the warning clause. Please read it and consider carefully before signing this agreement.

### **Warning**

Please consider entering this agreement carefully. Signing this agreement is a clear message to your Subconscious Mind that you are serious about the life you want. Any breach of this agreement will constitute a message that you are not serious about the life you want to your Subconscious Mind. A confused mind is very unproductive and can cause you to get exactly the same results that you are used to. Yes, those same results that caused you to be considering entering into this agreement in the first place. Whatever you decide now will give you results. Consider the results you want and then choose accordingly. Please mark the appropriate box with an X.

I choose the life I want

I choose the life I have

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Signed: \_\_\_\_\_



# ABOUT THE STRESS MANAGEMENT

## CANCELLATION POLICY



### **Cancellation/Reschedule Policy**

(for in-person or phone appointments)

NAME: \_\_\_\_\_

A 48-hour notice is required for all cancellations or rescheduled appointments. If our office is not notified of a change prior to 48 hours before your appointment, you will be charged the full price of your session. This is a payment over and above the agreed 16 hours program payment.

If you reschedule the same appointment more than once, you will be charged double for that session. This is a payment over and above the agreed 6 session program payment.

These fees will be billed to your mailing address and are due upon receipt. By signing below, you acknowledge an understanding of the above policies and agree to be subject to them.

Signature \_\_\_\_\_ Date \_\_\_\_\_



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