

Well done in taking the first step towards following your heart and living your best life!

CLIENT DISCLOSURE

Before we commence with your 6-month transformational journey, please read, sign and date this disclosure and commitment agreement. This is to acknowledge that you have read and understand what you are committing to. Please contact me if you need any clarity around something. 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.

All the techniques and skills I use are considered either coaching or complementary health care under law. I am not a licensed medical doctor or psychological practitioner. The services you receive are not licensed in this country, nor are they regulated by a governmental body.

THEY INCLUDE:

Time Paradigm Techniques

This is a powerful technique, allowing clients to make long-lasting changes in a very rapid way. I am a certified practitioner of Time Paradigm Techniques.

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.

Reiki

Reiki is a form of spiritual healing using universal life energy channelled through the practitioner to the recipient. Reiki helps to harmonize body, mind and spirit. While I may not use Reiki directly during our sessions, I do channel that life energy while holding space for maximum healing and balance. I am a qualified Reiki Master.

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

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.

PROGRAMME DETAILS:**First two months (twice a month):**

- We'll explore where you are and what your desired outcomes are for the programme.
- You'll uncover your skills, gifts, passions and strengths.
- Let go of any emotional or mental baggage that's weighing you down and get your conscious and unconscious mind aligned and congruent towards your desires.

Next four months (twice a month):

You'll uncover your core desired feelings and use them as a compass to determine what you want in each of the following areas of your life, while I support you in living into them:

1. **Career/passion/purpose**
2. **Wellness** – body/mind/spirit
3. **Play** – creativity/interests/expression
4. **Relationship** – partner/friends/family/community
5. **Financial** – admin/organisation/marketing

We'll be consolidating everything in a creative, fun and inspiring way so that you have something tangible and practical to move forward with.

Each session will be guided to help bring you closer to your authentic self, empowered and living from the heart.

SPECIAL PROMOTIONAL RATES

The first two months are 90-minute sessions at the discounted price of **R620** each (x two sessions).

The remaining four months are 1-hour sessions at the discounted price of **R490** each (x two sessions).

If payment is received upfront, the programme is further discounted to only **R5800** for a total of 14 hours of coaching!*

**This includes all handouts, worksheets and creative materials used during the course of the Programme.*

Fees should be paid at the beginning of each month unless otherwise agreed.

ALL FEES SHOULD BE PAID TO:

(unless cash arrangements have been made):

T Russell
4060458019
ABSA Bank
Sea Point

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, you need to present me a letter of consent from your practitioner/doctor before we start.

YOUR CHOICE, YOUR RESPONSIBILITY

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. It's your responsibility to share all issues on which you need assistance with. Issues not shared may not be resolved or may impede the successful achievement of your goals and objectives.

I, THE CLIENT, COMMIT TO THE FOLLOWING:

- To honour my appointments every second week for the next 6 months and complete the full 6-month Programme.
- Complete the tasking given after each session to my fullest ability.
- Make payment upfront before each session, or cash payment on the day
- To communicate all issues which you need assistance with, issues not shared may impede the successful achievement of your outcomes.
- Being 100% committed to living into my bliss.

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:

SIGNED:

DATE: