

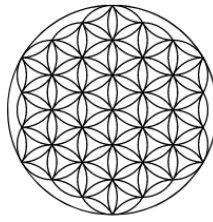
## FIERCELY OPTIMISTIC

MEDITATION REIKI LIFE COACHING YOGA

**You have the ability to create a life to love and become fiercely optimistic.** Let's get started on this remarkable journey today! Please begin by filling out the following form in the New Coaching Client Packet and e-mail them to **Alisha@fiercelyoptimistic.com** at least 24-hours prior to our first coaching session.

### Enclosed:

- New Coaching Client Welcome & Agreement ~ Sign
- Client Information ~ Fill out form
- Statement of Intent ~ Sign
- Confidentiality Agreement ~ Keep for your records



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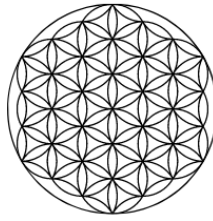
Each new client to my practice is a welcome addition! We have had our introductory call with each other and have determined that we are optimistic and enthusiastic about what we can accomplish together. To bring our, “best selves,” to the coaching relationship, it is important that we share the same understanding about how we will work together.

## **BASIC SHARED AGREEMENTS:**

I recommend a total of 6 sessions to establish the required commitment for coaching. It is difficult work to change habits of thoughts and behavior. This 6 session time period ensures that you are committed to making a concentrated effort and understand that it takes time.

Coaching Packages or Individual Sessions will be billed prior to the first session. Payment must be received in order to begin our coaching relationship. Coaching sessions are non-transferable.

Each session is 60-minutes long and takes place by either video conferencing (FaceTime or Telegram) or via phone call. This will be decided prior to the first session. I will bring myself to the coaching sessions free from distractions and, respectfully, request that you do the same. A coaching session in a public venue with distractions and background noise is not efficient.



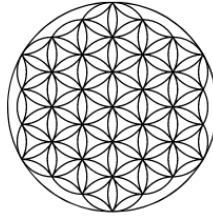
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We agree that we will each show up at the mutually scheduled time for our coaching session. **If you need to reschedule, you will do so with a minimum of 48 hours notice.** I certainly understand that emergencies arise and will accommodate those on a case-by-case basis.

Should you “no show” (miss a session without notification or rescheduling) for 2 appointments during our coaching relationship, we will evaluate whether coaching is appropriate for you right now.

If you’ve purchased a package and find yourself unable to use your sessions for any reason, you may put the remaining session on a 3 month hold. Session credits will not be carried out further than 3 months. Coaching fees are non-refundable should you decide to quit the process as our complimentary introduction is designed to remove the possibility that we would not be a good fit for each other.

I welcome communication between our calls via e-mail (Alisha@fiercelyoptimistic.com) or via text (347.268.0946). Please reach out if you hit a “sticky” spot that you would like some feedback on & that you will share the successes you have on the way to creating your desired future. If you need an “emergency call,” I can usually accommodate within the same week, and I do not bill for calls that are 10 minutes or less.



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I welcome your input and questions along the way. Our relationship is a collaborative one, and the more you put into it, the more you will get out of it. Feel free to ask me questions, challenge my point of view, bring resources to the table that you've found, tell me when I'm wrong and share with me your insights along the way. You are your own best expert even if you don't know it yet (you will shortly!).

**I have read and agree to the basic shared agreement above and will honor them during our coaching relationship.**

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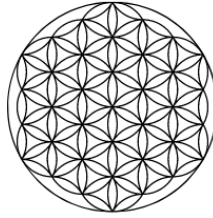
Print Name

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Signature

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Date



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*Welcome!* I am excited to be embarking on this journey with you and look forward to getting to know you better over the coming months. It will be helpful to me if you would complete the following basic information.

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Print Name

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Street Address

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City	State	Zip
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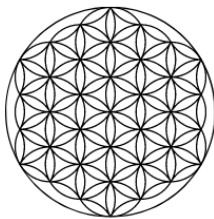
Country	Time Zone
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Email Address

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Phone Number



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Date of Birth

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Name of Employer

Position

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Name of Significant Other

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In Case of Emergency ~ Name, Relationship and Phone Number

In a few sentences, please tell me that most important thing I should know about you right now...

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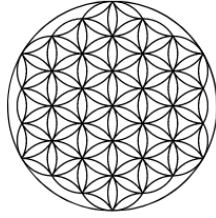
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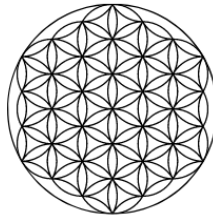
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All coaching services delivered by Alisha Hawrylyszyn Frank utilize principles, methods and tools of the NYU certification program and are meant to challenge, uplift and support you psychologically. However, coaching is not psychotherapy. If you feel psychologically stressed to the point that it is interfering with your ability to function, please have the courage to seek the help you need in the form of a professional psychotherapist. Life coaching augments your therapy, but the work of coaching is to be done when major emotional and psychological wounds are already healing or healed. In that spirit, please read the following, initial each bullet point & sign below should you agree to each statement and wish to proceed:

- I understand that the coaching services I will be receiving from Alisha Hawrylyszyn Frank are not offered as a substitute for mental health care. I also understand that my coach, Alisha Hawrylyszyn Frank, is not acting as a psychotherapist and does not purport to offer mental health care.
- I understand that my coach will maintain the confidentiality of our communications only to the extent defined by the laws of the states in which each of us resides.
- I understand and agree that I am fully responsible for my well-being during my coaching sessions and, subsequently, including my choices and decisions.



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- I understand that all comments and ideas offered by my coach are solely for the purpose of aiding me in achieving my defined goals. I have the ability to give my informed consent, and, hereby give such consent to my coach to assist me in achieving such goals.

I hereby release, waive, acquit and forever discharge Alisha Hawrylyszyn Frank and Fiercely Optimistic, Inc. their agents, successors, assigns, personal representatives, executors, heirs and employees (collectively "Fiercely Optimistic") from every claim, suit action, demand or right to compensation for damages I may claim to have or that I may have arising out of actions, omissions or commissions taken by myself or by Fiercely Optimistic, Inc. as a result of the advice given by Fiercely Optimistic or otherwise resulting from the coaching relationship contemplated hereunder. I further declare and represent that no promise, inducement or agreement not herein expressed has been made to me to enter into this release. The release made pursuant to this paragraph shall bind my heirs, executors, personal representatives, successors, assigns and agents.

**I have read the statement above and I understand and agree with the point contained therein:**

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Print Name

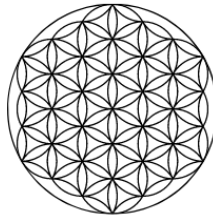
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Signature

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Date





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Your privacy will be respected! The conversations that we have within our coaching sessions are confidential and will be protected as such. Information will be shared outside of our session only with your written consent or in the event that a court judge demands it. However, the following are instances where I would be legally obligated to break our confidentiality agreement without your permission:

- If it is assessed during our participation in coaching sessions that abuse or neglect of children, elders or any other persons is occurring.
- If, in my presence, you threaten to kill or harm another individual, and I am convinced that you will act on this threat or that you may lose control of your actions.
- If, at any time during the course of our sessions, I determine that you are a danger to yourself, I will inform you of that opinion and make every effort to keep you from endangering your life. In some cases, this may include notifying the police or other family members.

*Alisha Hawrylyszyn Frank*

Alisha Hawrylyszyn Frank  
NYU Certified Life Coach  
Fiercely Optimistic, Inc.