

# INNER WISDOM HLC, LLC

Hypnotherapy and Life Coaching



## NEW CLIENT

### CLIENT WELCOME & AGREEMENT

Welcome to Inner Wisdom HLC, LLC/Julia Eakes. I am so excited to be on this journey with you to help you discover your blocks, your strengths and to achieve the life you love to live. Together we will decide the best approach for you to take to reach your goals that will empower you to reclaim your life and awaken the best part of you. Who you choose to work with on this journey is an important decision. Life Coaching is not Therapy. Life Coaching is about helping people to identify the obstacles that keep getting in your way, assisting you with finding motivation, and pinpointing any resistance to change that you may have, while identifying and supporting future goals. Therapy, on the other hand, is a form of treatment aimed at relieving emotional distress and mental health problems. Provided by a variety of trained professionals—psychiatrists, psychologists, social workers, or licensed counselors—it involves assessing and increasing personal insight into life choices and difficulties faced by individuals, couples, or families. Please be clear about the difference in focus and be sure you are pursuing the best approach for you at this time.

#### Who I am as a Life Coach:

Julia is a warm hearted, sincere, intuitive First Nations Canadian woman who has a passion for helping people on their journey to healing their past, accepting the present to create the future they are destined to live! Julia draws on her 30 plus years of continuously striving to heal and grow while finding her purpose in life to encourage and inspire people to take meaningful action to make positive differences in their world.

#### Basic Shared Agreements:

- Coaching Packages (\*see website [www.juliaeeakes.com](http://www.juliaeeakes.com)) can be modified or renewed based on need and mutual agreement; please clarify before beginning new service term.
- Coaching Services will be billed at the beginning of each month via \* Paypal, Credit Card/Venmo / Direct

Deposit. Receipt of payment required to commence initial services.

- Each session is 30 to 50 minutes and takes place via phone or Zoom (which is HIPPA compliant)
- We agree that we will show up at the mutually-scheduled time for our coaching session and that if you have to reschedule, you will do so with a minimum of 24 hours notice.
- Coaching fees are non-refundable should you decide to “quit” the process. If you wish to terminate services, please inform within four weeks for proper closure and resource sharing.
- I welcome communication between our calls via email (innerwisdomHLC@outlook.com) if there is a situation that needs some perspective. I can generally respond within 48 hours (and often sooner). Please note that if issues require lengthy email exchange, I will suggest a follow up call for clarification.
- If you need to schedule an additional call, you can contact me via email or text at 360-821-9901

#### STATEMENT OF INTENT

All coaching services delivered by Julia Eakes are meant to challenge, inspire, and support you psychologically. However, coaching is not psychotherapy. Life coaching may augment your therapy, but the work of coaching is meant to be done when major emotional and psychological wounds are already healing or healed.

In that spirit, please read the following and sign below~

- I understand that the coaching services I will be receiving from Inner Wisdom HLC, LLC/Julia Eakes are not offered as a substitute for mental health care. I also understand that my coach, Inner Wisdom HLC, LLC/Julia Eakes, is not acting as a psychotherapist, and does not purport to offer mental health care or crisis management.
- 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 resides.
- I understand and agree that I am fully responsible for my well-being during my coaching calls, including my choices and decisions.
- I understand that all comments and ideas offered by my coach are solely to aid me in

achieving my defined goals. I hereby give my consent to my coach to assist me in achieving such goals.

- I hereby release, waive, and acquit Inner Wisdom HLC, LLC/Julia Eakes from any suit action resulting from the coaching relationship.

- I have read the statements above and I understand and agree with the points contained therein:

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Client Signature and Date

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### CONFIDENTIALITY AGREEMENT

The conversations that we have within our coaching sessions are confidential and will be protected as such. Information will be shared outside of our sessions only with your written consent or if a Court Judge demands it. However, as a mandated reporter I am obligated by law to break our confidentiality agreement without your permission:

- If it is assessed during your participation in coaching sessions that abuse or neglect of children or elders 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 family members.
- If needed, I will offer family/couple sessions to ensure communication within the system is healthy and productive.

I have read and understand the above confidentiality agreement:

Signature and Date (client) \_\_\_\_\_