

SHANNON WILKINSON'S
HNLP COACHING & HYPNOTHERAPY
TERMS AND AGREEMENT

This agreement is to provide clarity in our coaching relationship.

The power of coaching is based on honest, direct and personal conversations with your coach. All information provided to the coach will be kept strictly confidential. Release of information may occur only with your permission or in the case of emergency.

Twenty-four hour cancellation is required to reschedule a session without being charged for the time.

The coaching services provided may address any specific personal and professional projects mutually agreed upon by the coach and the client.

Coaching and hypnosis are not therapy, counseling, medical treatment or consulting, nor are they substitutes for these services. If therapeutic intervention is warranted you will be advised about options.

Traditionally, coaching services include:

1. Direct questioning and transformational communication to:
 - a. identify present states, outcomes and resources
 - b. clarify values and beliefs supportive of the desired changes
 - c. increase awareness to expand choices

2. Constructive feedback to:
 - a. maintain focus
 - b. support follow-through and accountability

3. Tasking and homework assignments to:
 - a. increase awareness of current lifestyle
 - b. support motivation of desired changes
 - c. expand choices and behavioral flexibility

Coaching and hypnosis includes all of the above and may also include specific, time-limited changework to facilitate forward movement and accomplishment of mutually agreed upon outcomes.

Coaching sessions are one hour appointments on a mutually agreed upon schedule. The sessions may include any of the services listed above.

I, the client, understand that the power of the coaching relationship is in my hands, and I accept full responsibility for my own progress and change. If I believe the coaching relationship is not working as desired, I will communicate this to the coach and will work toward a successful resolution.

Electronic receipt of this notice and commencement of the coaching relationship indicates full understanding and agreement with the information outlined above.