

HEALING PROGRAM DETAILS



COACHING AGREEMENT

This agreement is made between *HealWell & Thrive* and _____ on this ____ day of 20____. Both parties agree to the following:

Coaching is a collaborative process with an ongoing relationship between the Client and Coach. The Coaching experience supports the Client in establishing new behaviors. The coaching relationship is strengths-based, forward-looking, and collaborative. The coaching agenda is developed and implemented in partnership between the Client and Coach. The role of the Coach is to help the Client progress toward achieving a goal.

- The Client and Coach agree to engage fully in the coaching experience.
- The Client recognizes that coaching is NOT therapy, counseling, or consulting.

CONFIDENTIALITY

The Coach agrees to keep all conversations and information with the Client private and confidential, as allowable by law.

No personal information will be shared with anyone without the Client's express permission. Exceptions may be made if there is an imminent threat of serious injury to oneself or someone else.

COACHING COMMITMENT

By entering into this relationship, the Client and Coach acknowledge that the Client desires to make behavioral change or some type of improvement in his, her, their life. Behavioral change often takes time to implement and sustain. The pace of change is uncertain and varies amongst individuals. As such, the Client and Coach agree to a minimum of a 3-month relationship.

CLIENT ACKNOWLEDGEMENT

- The Client understands that in order to enhance the coaching relationship agreed upon by the Client, they agree to communicate openly and honestly, be open to feedback and assistance and to create the time and energy to participate fully in the program.
- The Client is solely responsible for creating and implementing his/ her own physical, mental, and emotional well-being decisions, choices, actions, and results arising out of or resulting from the coaching relationship and his, her, their, coaching call and interactions with the Coach. As such the Client agrees that the Coach is not and will not be liable or responsible for any actions or inaction, or for any direct or indirect result of any services provided by the Coach.
- Client acknowledges that coaching does not prevent, cure, or treat any mental or physical disease or disorder.

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- Client acknowledges that coaching does NOT involve the diagnosis or treatment of mental disorders as defined by the American Psychiatric Association and that coaching is NOT to be used as a substitute for counseling, psychotherapy, psychoanalysis, mental health care, substance abuse treatment, or other professional advice by legal, medical, or other qualified professionals and that it is the Client's exclusive responsibility to seek such independent professional guidance as needed. If Client is currently under the care of a mental health professional, it is recommended that the Client promptly inform the mental health care provider of the nature of the coaching relationship agreed upon by the Client and the Coach.

COACHING SESSION PROCEDURES

Coaching Sessions may occur in person, by phone, through video conference, or over email, depending on the venue that works best for the Client and what coaching package (*i.e., Healing Program*) is selected.

- The Coach and the Client agree to adhere to established appointed times.
- The Coach and the Client agree to begin and finish appointments on time. If the Client is more than 15 minutes late to an appointment, the Coach will assume that the appointment is canceled, and the Client will be responsible for the full coaching fee. If the Coach is more than 15 minutes late to an appointment, the Client may assume that the session is canceled, and the Client shall not be responsible for any payment for that session.
- The Client agrees to cancel or reschedule an appointment at least 24 hours in advance, without a change fee. Any changes or cancellations within 24 hours are subject to a 50% cancellation fee.

COACHING FEES

- Specific coaching fees and packages are outlined in Schedule 1. For each of these packages (*i.e., Healing Programs*), the Coach invites you to consider a 3-month commitment from the Client. If the Client desires to terminate the relationship prior to 3 months, at least 30 days' advance notice is required for a full refund of remaining sessions.
- Fees are payable and must be paid in full prior to the coaching services being provided.
- Payments may be made by cash, check, credit card, or electronic funds transfer (EFT).
- **Recommended:** Clients can go to www.healwellandthrive.com and book the Healing Program or Session of their choice under the Services tab which will take them to Online Appointments Page. Scroll page for choices.

HealWell & Thrive Coach

Date

Client

Date

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SCHEDULE 1: Packages/HEALING PROGRAMS and Coaching Fees

**As You invest in You, We Invest in You.
We Love investing in people who invest in themselves!**

HEAL PROGRAM

1 Adult

4 Sessions

90 Minutes Each

\$999

(Savings \$189)

BE-WELL PROGRAM

1 Adult

6 Sessions

90 Minutes Each

\$1,440

(Savings of \$282)

THRIVE PROGRAM

1-2 Adults (Client's preference)

12 Sessions

90 Minutes -More or Less

(Duration of Session varies based on client needs).

\$2,760

(Savings of \$804)

THRIVE HEALING PROGRAM IS

**Most Inclusive & Cost
Effective Option**

(SINGLE SESSION RATES ARE AVAILABLE)

For Local Clients:

Include a Full Meal per session of Therapeutic Gourmet "Infused Cuisine"

Heal Program \$100

Be-Well Program \$150

THRIVE PROGRAM \$300

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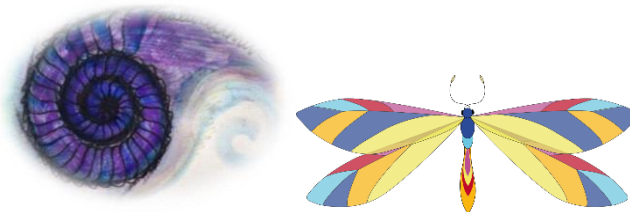


How does it work?

ALL Healing Programs are Custom Designed to meet individual Needs.

After an initial consultation we custom design a Healing Program based on your individual needs and desires. Key elements of your Healing Program include:

- *Illuminating what you need to know right now regarding fresh Loss & Intense Grief*
- *Real Life "Power-Tools" for Coping with the Pain & Stress of Loss*
- *Understanding the Dynamics of Loss*
- *Identifying the Impact of Loss on Your Life*
- *Discovering 9 Realms of Impact & 9 Areas of Support*
- *Experiencing the POWER of Anchoring in H.O.P.E.*
- *Navigating the 4 Seasons of Grief*
- *Understanding the 5 Needs of Mourning*
- *Inspiration of the Nautilus & Dragonfly*



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What is included?

ALL Healing Programs are Custom Designed to meet individual Needs.

HEAL PROGRAM

Welcome Gift
90 Minutes Coaching
9 Realms of Support
Power Tools
Strengths Survey
Materials

BE-WELL PROGRAM

Welcome Gift
90 Minutes Coaching
9 Realms of Support
Power Tools
Strengths Survey
Material's
Audio Exercises
Dietary Profile (\$195 Value)

THRIVE PROGRAM

Welcome Gifts
90 Minutes (more or less)
9 Realms of Support
Power Tools for Healthy Coping
Strengths Survey
Material's & Notebook provided
Audio Exercises
Nutritional Consultation (\$175 Value)
Dietary Profile (\$195 Value)
Specialized Menu/dietary needs (\$100 Value)
Wellness plan (\$298 Value)
Labyrinth Walk (2 weeks' notice is required to accommodate)
Special offers & Discounts on
Products, Services, Events, & Classes
15 Minute Complimentary Call

ALL HEALING PROGRAMS INCLUDE:

Email Support for questions that can be answered within 10 minutes.

Text Support for questions that can be answered within 10 minutes.

(For anything over and above 15 min., client will be charged Single Session Rates).

1 -Nationally Certified Grief Counseling Specialist, Educator, Life Transformation Coach & Licensed Registered Nurse with over 30 years of experience.

1 -Master Chef, Nutritional Advisor & Facilitator with over 40 years of experience.

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RECAP:

HEAL PROGRAM

1 Adult

4 Sessions

90 Minutes Each

BE-WELL PROGRAM

1 Adult

6 Sessions

90 Minutes Each

THRIVE PROGRAM

1-2 Adults (Client's preference)

12 Sessions

90 Minutes -More or Less

SINGLE SESSION RATES ARE:

60-minute **GRIEF RELIEF**: \$197

90-minute **"Crisis Clearing"** Session: \$297

You can GIFT: A SESSION or PROGRAM to SOMEONE YOU LOVE

HEAL PROGRAM

\$999

(Savings of \$189)

BE-WELL PROGRAM

\$1,440

(Savings of \$282)

THRIVE PROGRAM

\$2,760

(Savings of \$804)

**For Local Clients: Add Full Meal of
Therapeutic Gourmet "Infused
Cuisine" (IC) for 1 or 2*.**

\$100/ \$180*

\$150/ \$270*

\$300/ \$540*

(Add \$20 for additional meal per Session. Advance notice of 1 week is required).

HEAL PROGRAM

1w/ IC \$1,099

2w/ IC \$1,179*

BE-WELL PROGRAM

\$1,590

\$1,710*

THRIVE PROGRAM

\$3,060

\$3,300*

We offer special rates for Military and First Responders

(Please contact Elizabeth elizabeth@healwellthrive.com to inquire).

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