



WISDOM TO THRIVE LIFE COACHING SERVICES

Client Name:

Address:

Phone:

Email:

Preferred form of payment: Cash CC Venmo Zelle

How did you learn about Brenda?

Currently receiving professional psychological counseling/therapy? Y N

Currently under medical supervision for mental health Y N?

Wisdom To Thrive Client Questions

- 1.) Describe the outcome you hope for as a result of receiving life coaching support?*

- 2.) What is your greatest challenge today?*

- 3.) What are the first two things you'd like to do, when you reached your desired goal of how you prefer to feel?*

- 4.) What else would you like me to know about you?*

Wisdom To Thrive Life Coaching services - Client Agreement

- *As a client, I understand and agree that I am fully responsible for my well-being during my coaching sessions, including my choices and decisions. I am aware that I can choose to discontinue coaching at any time. I recognize that coaching is not psychotherapy, medical advice, or psychiatric care and that professional referrals will be given if needed.*
- *I understand that “life coaching” is a relationship I have with my coach that is designed to facilitate the create/development of personal, professional, business, health, spiritual and other personal goals and carry out a strategy/plan/action/ for achieving those goals. I understand that life coaching is comprehensive and may involve exploration into all areas of my life, including work, finances, health, spiritual, relationships, education, and recreation. I acknowledge that deciding how to handle these issues and implement my choices is exclusively my responsibility.*
- *I understand that life coaching does not treat mental disorders as defined by the American Psychiatric Association. I understand that life coaching is not a substitute for counseling, psychotherapy, psychoanalysis, mental health care, or substance abuse treatment, and I will not use it in place of any form of therapy.*
- *I promise that if I am currently in therapy or otherwise under the care of a mental health professional, I have consulted with this person regarding the advisability of working with a life coach and that this person is aware of my decision to proceed with the life coaching relationship.*
- *I understand that the information will be held as confidential unless I state otherwise in writing, except as required by law.*
- *I understand that certain topics may be anonymously shared with other life-coaching professionals for training, or consultation purposes.*
- *I understand that life coaching is not to be used in lieu of professional advice. I will seek professional guidance for legal, medical, financial, business, spiritual, or other matters. I understand that all decisions in these areas are exclusively mine, and I acknowledge that my decision and my actions regarding them are my responsibility.*
- **CANCELLATION POLICY PAID FOR IN ADVANCE SESSION**

No refund If I cancel day of session.

50% refund if I give Brenda no less than 48 hours’ notice of cancellation.

100 % cancellation If I give Brenda 72 hours or more notice of cancellation.
- **CANCELLATION AND REFUND POLICY FOR COACHING PACKAGES**

All contracts are binding. I do not offer refunds on coaching services. I am here to coach you to your highest level of success, and part of that is requiring a commitment from you that you are fully invested in your coaching package. When refunds are an option, you can have “one foot in” the work, and “one foot out” the door. It is to YOUR benefit to decide BEFORE purchasing your package and committing to work with me that I am the right coach for you. If you’re in, you need to be 100% in, just as I will be for you.

- *Should you need to reschedule a coaching session, you may do so by providing 48 hour's notice in advance of your session and making up the session within a week of the originally scheduled date. Sessions not cancelled 48 hours in advance will not be eligible for make-ups. It is important that you prioritize this work to receive the full benefit of your coaching package.*

▪ **WISDOM TO THRIVE LIFE COACHING DISCLAIMER**

- *I understand fully, Brenda Burger, is not a medical doctor and does not practice allopathic or any other form of medicine. Brenda Burger does not diagnose, cure, heal, treat disease, or otherwise prescribe medications. Any information presented in a session offered through is not meant to replace psychological, legal, medical, or other professional advice or services. For such issues, I understand I will consult a properly licensed healthcare professionals in my area. Should I need to, I will continue to see my regular medical doctors and follow their advice.*
- *I understand, Brenda Burger's practice is in a pastoral/ministerial capacity only, and her life coaching is spiritually and energetically based. I understand, all my healing is my self-healing. Brenda Burger offers only Wellness Counseling, and does not make any promises, warranties, or guarantees about the results of any of the sessions received. I am responsible for my own choices, actions, and interpretations of what is shared in each session I have with Brenda Burger. By participating, I agree to take full responsibility and liability. Brenda Burger shall not be held liable for any action or inaction taken by myself her client in reference to the information presented during a session.*
- *All sessions and events are for adults aged 18 years or older.*

- *I have read and agreed to the above.*

▪ *Client signature:* _____

▪ *Client Name Printed:* _____

▪ *Date:* _____

RATES EFFECTIVE OCTOBER 2024

- SOLUTION BASED LIFE COACHING \$150 One-Hour Session \$200 Ninety Min. \$250 Two-Hour Session
- BREATH, MEDITATION & YOGA PRACTICE \$250 Two-Hour Session
- MIND/BODY WELLNESS PROGRAM \$ 1000 Twelve One-Hour Sessions Package
- Sliding scale-discounted rates 15% and payment plan options available upon request if you are experiencing a current economic challenge. BODY HEALTH/MIND COACHING