

Client Agreement and Informed Consent Disclosure Statement and Agreement for Services

Introduction

This agreement is intended to provide important information to you regarding *Your Best Hopes Wellness Coaching, LLC*. Please read the entire document carefully and be sure to ask any questions you might have regarding its contents.

Information about your Coach

Julie Sherwood, CWC, is an advanced Certified Wellness Coach who partners with clients who wish to return to a life with purpose and fulfillment. Ms. Sherwood is a member of the Solution-Focused Universe professional group whose aim is to provide training and ongoing development in the solution-focused approach to coaching and therapeutic conversations that holds the client as the center. Ms. Sherwood is also Master Usui Reiki Practitioner and a Master Sidereal Astrologist. Whether you seek only mainstream wellness coaching services, only energy healing, only esoteric services or a combination of these modalities, Ms. Sherwood is happy to partner with you to realize YOUR best hopes on the path to mind-body-spirit wellness.

Cost of Services

Services provided by *Your Best Hopes Wellness Coaching, LLC* are not covered by health insurance. Payments are due at the upon the booking of your services in the form of digital payment via Ms. Sherwood's website. Multi-session package discounts not already noted below can be discussed as an option.

SOLUTION-FOCUSED WELLNESS COACHING

30-Minute Wellness Coaching - \$74

This is a short, 30-minute solution-focused conversation to help you rediscover your own strengths to connect to your best hopes for wellness to move closer to your preferred future! Available for limited in-person sessions or via Zoom for virtual sessions.

60-Minute Wellness Coaching - \$111

A more in-depth, 60-minute solution-focused conversation to help you reconnect to your own strengths to realize your best hopes for wellness. Available as limited in-person sessions or via Zoom for virtual sessions.

REIKI HEALING

Reiki Energy In-Person Healing - \$60

In-person, 60-minute Reiki session that can help ease tension, stress, and increase your sense of overall wellness. Reiki has been shown to aid the body in creating an environment for physical, spiritual, and healing. Reiki sessions are relaxing and a great way to support your journey in wellness. Clients are fully clothed and a light touch or no touch may be used. See <https://iarp.org/reiki-sessions-what-to-expect/> for more information.

Reiki Energy Distance Healing Short Session - \$30

Receive the benefits of Reiki without leaving home. 30-minute energy healing session for you and/or your pet. Distant Reiki healing sessions are a great way to try Reiki for the first time. Because Reiki is a life energy and flows through all living things, it can be transmitted using the practitioner's intention to send it and the client's

intention to receive it. During the session transmission, it is best to be in a quiet, comfortable place, to experience the greatest benefit. Clients may connect virtually - however, merely setting a session time to send and receive is sufficient for experiencing the full effect.

Reiki Energy Distance Healing Long Session - \$40

Same benefit as the 30-minute distance session, but for 45 minutes.

ASTROLOGY SERVICES

Sidereal Astrology Birth Chart - \$55

Finally know who you REALLY are with this birth chart reading in the true sidereal astrology perspective. Receive a PDF and interpretation of your birth chart for the true 13-sign constellational placements of your Sun, Moon, Ascending signs as well your North and South Nodes.

Sidereal Astrology Birth Chart + 1 Event- \$88 (\$55 Birth chart + \$33)

Add-on to the Birth Chart reading for interpretation of Sun and Moon placements and aspects for a significant event – past or present. This includes the above Birth Chart reading services as well as the description of the event aspects delivered in PDF format by email.

Sidereal Astrology Birth Chart with Influence of Chiron, The Wounded Healer - \$111 (\$55 Birth chart + \$56)

Add-on to the Birth Chart reading for interpretation of how this wounded healer asteroid has imprinted you at birth. This includes the above Birth Chart reading services as well as the description of Chiron's placement and major aspects in your birth chart delivered in PDF format by email.

Sidereal Astrology Birth Chart with In-depth reading on North and South Nodes - \$121 (\$55 Birth chart + \$66)

Add-on to the birth chart, the lunar nodes are what govern your life path, your soul purpose. This reading will help you understand what is already familiar and ingrained in you from your inherent past that you need to overcome in order to truly fulfill what you are here to do in this life. Understanding these elements can help guide you to being in alignment with your intended purpose in life.

Sidereal Astrology Synastry (Relationship) Reading - \$176 (\$110 Birth charts + \$66)

Use 13-sign constellational sidereal astrology to understand the celestial energy between you and another person. This can be for any 2-person relationship. This includes a full birth chart reading for two people plus an interpretation of how birth chart placements influence each other. Includes Sun, Moon, Ascending, Venus interpretation. Delivered in PDF format by email.

Pleiadian Astrology Chart - \$33

Your Evolutionary Guidance (Life Path, Life Theme) and how you're here to do it described using 13 Universal Energies and 20 Earth Energies relative to your birth date (see description at the end of this document for more information about these energies). Includes information about how these energies can be seen in lower and higher vibrational levels.

Live Astrology Consultation – Chart Fee plus \$77 per hour

Minimum one-hour consultation conducted via Zoom with recording provided to client. Client must order one of the Chart Reading services above and allow for 10 calendar days between payment for order and booking of live session in order for chart reading to be complete prior to the live session.

COMBINATION OF SERVICES PACKAGES

Combined services with a total value of at least \$114 (i.e., Sidereal Astrology Birth Chart with Chiron plus 60 minute Wellness Coaching), qualify for an automatic 20% discount at time of purchase. Combination packages with either Reiki or Wellness Coaching require a minimum commitment of 60 minutes for each of these services.

PROCESSING OF ASTROLOGY ORDERS

PDFs of your birth chart will be sent via email within 7 calendar days of payment. If more than an additional 5 calendar days are needed for delivery of your chart, reasonable efforts will be made to contact you to notify you of the additional time needed to process your order. Please also check your email SPAM folder as order emails may sometimes trigger SPAM filter.

Confidentiality

It is my duty to protect the confidentiality of the communication with clients, including coaching clients, but there are limitations to confidentiality if sessions are not conducted in person. Confidentiality cannot be guaranteed if sessions are conducted via phone or online. Clients should use their own discretion when utilizing these options.

Appointment Scheduling and Cancellation Policies

All fees and payments for products and services are final unless cancelled by email or phone within 48 hours of payment due to the pre-session chart preparation required. For live astrology hourly or coaching-only sessions, 24-hours advance notice by email or phone is required if you must cancel or reschedule your appointment. For each missed appointment without this notice, Ms. Sherwood will charge a \$50.00 missed session fee. This policy is to allow for effective scheduling and to ensure all clients wishing to be seen may be accommodated. Please notify Ms. Sherwood as soon as possible if you must change or cancel your appointment.

Full refunds are usually issued within 24-48 hours, however, can take up to 10 business days to process.

Availability Outside of Schedule Appointments and Emergencies

Brief email or text contact between sessions is acceptable. However, Ms. Sherwood will keep these contacts brief due to the belief that important issues are better addressed within regularly scheduled sessions. You may leave a message for your coach at any time on her confidential **voicemail or in email**. If you desire a response by phone, please be sure to leave your name and phone number, along with a brief message concerning the nature of your call. ***If case of a medical or crisis emergency, a threat to your safety or the safety of others, please call 911 immediately to request emergency assistance.***

About the Coaching Process

Professional Coaching is a professional relationship with a client that empowers the client to rediscover their own strengths, skills, and abilities to have a fulfilled life with purpose.

During sessions, the client is recognized as the expert in his/her own life and as such, is the center of the experience. Ms. Sherwood, as the coach, has the role of guiding the client to this rediscovery through solution-focused conversation, while at the same time, allowing for the client's autonomy in the process.

Termination of Coaching and Refund Policy

The length of your coaching and the timing are at the discretion of you, the client, with guidance from Ms. Sherwood. It is the client’s responsibility to create the time and energy to fully participate in scheduled sessions. Due to the limited number of appointments available for coaching, only clients dedicated to making positive changes will be accepted. Either Ms. Sherwood or the client may discontinue coaching at any time, but refunds on packages will not be given.

Liability

This agreement is for Coaching, not Psychotherapy. Julie Sherwood works only within the capacities of a certified Wellness Coach and is not a licensed Therapist. As such, Ms. Sherwood and *Your Best Hopes Wellness Coaching, LLC* will not be held liable for discrepancies or client’s lack of understanding of the scope of services. While coaching can work with issues such as identifying and reaching life goals and changing the behaviors that pose challenges, coaching will not address psychological and/or serious medical issues such as depression and anxiety. For issues such as these, seek the medical attention from a Physician or Licensed Mental Health Professional in your area. By signing this agreement, you are agreeing that you understand the difference in these two functions, and you will get appropriate professional help for mental health issues if necessary.

Typing your name and date below indicates that you have carefully read this agreement for services and understand its contents. Please ask any questions or express any concerns that you have about his information before you sign.

Name of Client: _____

Date: _____

PLEIADIAN EARTH ASTROLOGY INFORMATION

Here's a little summary of the different energies:

13 Universal Energies – Universal (cosmic) energies are frequencies to harmonize humanity with the Universe. They are the Cosmic Laws and Truth. Human vibrations (mental, emotional, physical and spiritual) range from high to low (not in hierarchical sense – in a frequency sense). High vibrations in these realms synchronize and align with cosmic truth. The different energies are numbered and named, but only as a means to “translate” them into human language. They are not linear – they are spiral. The movement is fluid, calling us to adapt and adjust to be in alignment with our evolutionary paths.

20 Earth Energies – as with the UE, these energies also named and numbered. They are a way for us to understand our role as humans on earth and relevant to human proficiency and life on Earth. The Earth experience is based on dualism (Self – Other). These come from the Pleiadians and are recognized in the Mayan and Cherokee cultures and help us to work toward the eventual Unity of the Dualistic Experience, TRUE EVOLUTION. We use the experience of duality for growth from the false reality. We pull in the Universal consciousness to our Earth experience to expand our awareness back up to the “Heavens”. Words and numbers assigned are merely a way to “humanize” the language of the energy and how it is felt.