



Jesse L. Williams, MS, LPC/MHSP, NCC, CCH
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INFORMED CONSENT OF SPIRITUAL LIFE COACHING

Welcome to my spiritual life coaching practice. Beginning coaching is an important decision, and I am glad I can be a part of that experience for you. If, after the first meeting, we decide to enter into a coaching relationship, it is important that you be aware of the protections and limitations of that relationship. Subsequently, **please make sure you read this informed consent in its entirety to ensure that you have a thorough understanding of spiritual life coaching.** We will have the chance to review the following information together and any questions regarding the information will be addressed. If you are not comfortable with both your rights as a client and my limitations as your coach, we can discuss other options for treatment.

What is Spiritual Life Coaching?

Spiritual Life Coaching combines the practice of traditional life coaching with a practice that focuses on guiding individuals towards a deeper understanding and connection with their spirituality, whatever form that may take for them. Life traditional life coaching, spiritual life coaching addresses tangible goals and challenges in various areas of life, such as career, relationships, and health. Additionally, it assists clients in identifying and aligning with their core beliefs, values, and purpose, ultimately helping them to overcome obstacles and challenges on their greater life and spiritual journey. Spiritual life coaches often use a combination of introspective questioning, reflection exercises, and practical techniques to support their clients in achieving greater clarity, fulfillment, and inner peace in their lives. They may draw from various spiritual and coaching traditions, mindfulness practices, and personal development tools to tailor their approach to each individual's unique needs and goals. Ultimately, spiritual life coaching aims to empower clients to live more authentically, consciously, and in harmony with their spiritual path. *Self-knowledge and insight is seen as an important key to changing attitudes and behaviors.*

Whether or not coaching works depends largely on the client's willingness and ability to fully engage in the process. In a life coaching relationship, clients have several responsibilities to

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maximize the effectiveness of the process. Firstly, clients must be committed to their personal growth and development, actively engaging in sessions with an open mind and willingness to explore new perspectives and possibilities. They should come prepared to articulate their goals, challenges, and desires honestly, as well as to take ownership of their actions and decisions. Clients are responsible for actively participating in the coaching process, completing agreed-upon action steps, and integrating insights gained from sessions into their daily lives. Additionally, clients should provide honest feedback to their coach regarding the effectiveness of the coaching relationship and any adjustments needed to better support their progress.

Much of my spiritual life coaching approach would be considered an eclectic style of coaching, weaving traditional coaching with cartomancy, spirituality, and my own insights as a traditionally trained psychotherapist. Part of my job is to stay aware of what you believe you need to focus on and to educate you on various methods/techniques we could use in order to achieve your goals.

Benefits and Risks of Treatment

Life coaching offers a plethora of benefits, foremost among them being the guidance and support provided by a trained professional to help individuals unlock their full potential and achieve their goals. Through personalized strategies and tailored techniques, life coaching empowers clients to gain clarity on their aspirations, overcome obstacles, and develop effective action plans to propel them forward. Moreover, life coaching fosters self-awareness, encouraging clients to explore their values, strengths, and passions, leading to greater fulfillment and life satisfaction. Additionally, life coaching can enhance resilience and accountability, equipping clients with the tools to navigate challenges and stay focused on their objectives. However, like any personal development journey, life coaching also carries inherent risks. These may include the potential for unrealistic expectations, dependency on the coach, or dissatisfaction if goals are not met as quickly as anticipated. Furthermore, clients may encounter discomfort during the process of self-discovery and confronting limiting beliefs, requiring courage and perseverance to navigate these challenges. Despite these risks, the benefits of life coaching often outweigh the potential drawbacks, offering invaluable support and guidance on the path to personal growth and fulfillment. I will also assist you in getting to another resource if at any time you feel that coaching is not for you.

Unfortunately, there are no guarantees that any or all of your problems will be remedied by pursuing coaching with me. It is quite possible that you may experience stress, strained relationships, increased struggles, and other difficulties as a result of working in coaching. Growth is difficult. You may experience stress or difficulty as you are challenged to make major life decisions and/or changes. It is helpful to talk about these issues as they surface.

Please know that change can be slow, and often patience is required by both the client and coach as this process continues.

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You are expected to show up for coaching sessions, live up to your financial obligations, and be honest in our work together. I am expected to provide services to the best of my ability, to maintain ethical and legal expectations, and to honor and uphold your growth process.

Boundaries of the Coaching Relationship

As a spiritual life coach, it's essential to recognize and adhere to professional boundaries, including the understanding that mental health therapy and spiritual life coaching are not one and the same. While coaching focuses on personal development, goal-setting, and achieving results, therapy addresses deeper psychological issues and mental health diagnoses. Mental health therapists are limited to practicing within states in which they are licensed, and as a licensed mental health therapist in the state of Tennessee, I am limited to only being able to provide therapy to those within my state.

Should mental health needs arise, we can work together to decide how to proceed. If you happen to reside in the state of Tennessee, we may explore the option of transitioning towards a therapeutic relationship. If you reside outside of the state of Tennessee, I can help you explore options of finding a therapist within your area. While I may not be able to provide you with mental health therapy, I can still support you by providing encouragement, accountability, and practical strategies to enhance their overall well-being and personal growth journey.

It's crucial to understand this distinction and to recommend licensed mental health therapy when appropriate. By maintaining this boundary, I ensure the safety and well-being of my clients, as well as demonstrate respect for ethical and legal boundaries.

Although coaching work can be extremely personal and meaningful, the relationship will always remain professional. We will only meet via Telehealth or in-person at designated locations at scheduled times.

Should you have any questions about boundaries at any part of our coaching relationship, do not hesitate to ask and bring this up for exploration and discussion. We can discuss any particular feelings you may have in response to these boundaries.

Credentials and Background

I graduated from Southeastern Louisiana University in 2008 with a Bachelor of Science and from Walden University in 2016 with a Master of Science in Clinical Mental Health Counseling. I completed my counseling internship at Skyland Trail, a residential treatment facility in Atlanta, GA, where I worked with clients with thought disorders and psychosis, as well as a variety of other mental health issues. In the past several years, I have dedicated much of my time and training opportunities towards the treatment of trauma, anxiety, identity development work, and experiential therapy practices. My ongoing trainings have included such topics as suicide prevention, anxiety management, hypnotherapy, acceptance and integration training (AAIT),

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somatic experiencing, reiki/energy healing, ethics, life coaching, shamanic/nature-based healing, and various trauma healing practices. I am a Licensed Professional Counselor with Mental Health Service Provider designation (LPC/MHSP) (License #4417), a National Certified Counselor (NCC), and a Certified Clinical Hypnotherapist (CCH). Additionally, I have experience with nature-based therapy/therapeutic hikes, and I am certified and trained in levels I and II of HMR (holographic memory resolution), a trauma resolution technique. I am a certified Reiki healer (Levels I and II) and have over fifteen years of experience in the therapeutic use of tarot cards for the purposes of subconscious associations, insight, and self-exploration.

BUSINESS POLICIES

Scheduling and Cancellations

All scheduling is done by me; therefore, any cancellations or appointment changes must go through me. The best way to reach me regarding scheduling is through text to (865) 518-9922 or email to hello@thesouthernbackwoodsoracle.com. You may also leave a voice message if you would prefer that method.

Also, because wireless communication is not 100% reliable, **my policy is that no appointment should be considered cancelled unless it is confirmed by a response from me.** I would also appreciate a confirmation that you have heard from me about appointment changes.

I ask that cancellations be made at least 24 hours in advance. Simply not showing for an appointment with no notice (“No-showing”) requires full payment of the missed appointment at the rate that we have agreed upon. These charges must be paid in full prior to rescheduling. If you consistently late cancel appointments, you may be terminated from the coaching relationship. No-showing for an appointment is generally not tolerated and may result in termination from the coaching relationship. Additionally, consistent cancellations may also result in termination of the coaching relationship.

Frequent cancellations, late cancellations, and no-showing for an appointment can result in possible termination from coaching. Additionally, no-showing results in a charge for the appointment time.

Please recognize that when you make an appointment, I am promising that space and time for you and your process. It is reserved specifically for you. If you are late, I will not be able to extend your appointment time as I have a structured schedule that is planned by the hour. I schedule blocks of time. If someone doesn't show up, I cannot see another client, and clients that are trying to get an appointment cannot come in. That time is lost.

I know this can be an emotional and controversial subject, and yet, it is a necessary point of discussion. Frequent cancellations, late cancellations, and no-showing for appointments are oftentimes a sign of a noncommittal attitude towards the coaching process and/or core issues

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surfacing for you, so I encourage you to address these with me and use the opportunity to explore hesitations, doubts, or challenges.

Payment Policies

It is required that you keep a credit card on file with me for the payment of sessions. The card will be kept on file for you through Square, and I will charge the card at the end of each session. It is your responsibility to keep the card up to date and notify me of any changes to your card payment on file. Should you no-show for an appointment, you will also be charged the full amount of the agreed upon session rate. **I will only charge the card on file in the case of a no-show appointment or for services rendered.**

You will be financially responsible for all services rendered. **Payment is required at the end of the session.** Please note that I am not on insurance panels and do not accept insurance or work with insurance companies in any capacity (this includes out-of-network or superbills). Payment is made with most major credit cards (Visa, Mastercard, American Express, Discover) using payment the card on file through Square (Square.com), or—when possible—a Square card reader (if an in-person session has been arranged) or cash (in an in-person session has been arranged). Checks are not an accepted form of payment.

Please note that ALL card payments require a courtesy fee. For in-person card-swipes, there is a 3% courtesy fee. For all other card transactions (such as invoices, the use of card numbers, or automatic charging of a card on file), there is a 4% courtesy fee.

Any billing or payment issues should be discussed with me immediately so that we can resolve any problems and address any concerns. If you are delinquent with payment, payment will be required prior to rescheduling.

Rates

My standard rates are listed below:

Spiritual Life Coaching

\$150 for 50-minute session

On my workload, I do allow for “sliding scale slots.” This means that there are slots available at lower rates, reserved for people who cannot afford to pay the standard rate. These are given on a first-come-first-serve basis. If you do not genuinely need a sliding scale rate, I ask that you reserve it for people who do. If you believe that you do indeed need it, please feel free to ask and address this with me.

Initial Here: _____

The Appointment Hour

A coaching “hour” consists of 50-minutes of coaching time. If more time is needed, arrangements can be made for longer coaching sessions; the fee will be adjusted accordingly. If I am late for an appointment, I will either complete with you the full time of your appointment (assuming your schedule permits), owe you the extra time, or adjust your rate for that session. If you are late, the appointment will end at its scheduled time and you are responsible for full payment.

Communication

Secure and private communication cannot be fully assured utilizing cell/smart phone, texting, or regular email technologies. It is the client’s right to determine whether communication using non-secure technologies may be permitted and under what circumstances. Use of any non-secure technologies to contact Jesse Williams, LPC/MHSP, will be considered to imply consent to return messages to client via the same non-secure technology, pending further clarification from client. In the event that client chooses not to allow non-secure modes of communication, contact will only be made via wire to wire phone or mail.

Please note that receipts of service are typically sent by text or email through the Square App.

Unless my voicemail states otherwise, I check messages regularly both weekdays and weekends. On weekends and holidays, however, I reserve the right to only return calls, texts, or emails of an urgent nature. If I you call my phone and I do not answer, please leave a voicemail in order for me to know that you have called. Because cell service in our area can be unreliable, voicemails often let me know if someone has tried calling.

Please check below which modes of communication are permitted. This consent may be altered at any time if needed.

Voice communication to client's cell/smart phone from Jesse Williams' cell/smart phone:

Scheduling appointments: Permitted Not Permitted

Appointment reminders: Permitted Not Permitted

Between session contact: Permitted Not Permitted

Text communication to client's cell/smart phone from Jesse Williams' cell/smart phone for:

Scheduling appointments: Permitted Not Permitted

Appointment reminders: Permitted Not Permitted

Initial Here: _____

Between session contact: Permitted Not Permitted

Contact via the client's email from Jesse Williams' email:

Scheduling appointments: Permitted Not Permitted

Appointment reminders: Permitted Not Permitted

Between session contact: Permitted Not Permitted

If permitted, list permitted email address: _____

If permitted, list permitted cell number: _____

Confidentiality

As a client, your privacy and rights to confidentiality are protected. Confidential information may be disclosed when you, the client, give written valid consent or when a legally authorized person gives consent on your behalf. Information you share with me may be entered into records in written form. All written documentation regarding your work will be secured in a private physical location or a secure cloud destination. Information about you and your work will not be shared casually or in public places.

There are some limits to your rights to confidentiality. In Tennessee, like in many other jurisdictions, life coaches are typically not bound by the same strict confidentiality requirements as licensed mental health professionals such as therapists or counselors. That being said, I strive to maintain confidentiality to the best of my ability.

State law and professional ethics require coaches to maintain confidentiality except for the following situations:

1. If there is suspected child abuse, elder abuse, or dependent adult abuse.
2. A situation in which serious threat to a reasonable well-identified victim is communicated to the coach.
3. When threat to injure or kill oneself is communicated to the coach.
4. Additionally, in certain legal proceedings, such as court orders or subpoenas, a coach may be required to disclose client information.

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Coaching Sessions Outside

In the case that we are able to meet up in person for a session, please note that confidentiality is not guaranteed when in public with your coach. If this is a concern, please notify me so that we can make a plan prior to the session on how this will be dealt in an effort to keep your confidentiality intact. This is to protect you should either of us run into someone that we know.

Again, I will make every effort to protect your confidentiality; however, when in a public location, circumstances that are outside of my control can occur. When agreeing to a session in a public location, you assume all risks to your confidentiality that could occur as a result of being seen with your coach. Before agreeing to this decision, be sure to think through these issues and ask me any questions that you might have so that we can address it prior to being in a public location.

Privacy

In daily practice, I may use email, written correspondence, and cellular phone service. In all these instances, confidentiality will be protected to the best of my ability, but is limited due to the risk of information being overheard or ending up in the wrong hands. Every precaution will be taken to protect your privacy.

Termination and Follow-up

If you are ready to begin the process of terminating, we will discuss this at length and spend as many sessions as needed for putting closure on our work together. Terminating coaching is usually up to the client. There are occasions, however, when I may initiate termination. The reasons for this decision will be discussed with you and will include an explanation. Possible reasons for a coaching terminating treatment include: failure on your part to comply with mutually developed treatment goals and procedures; the realization that you are not benefitting from coaching; consistent cancellations/late cancellations/no-shows; failure on your part to pay; any violent, abusive, threatening or litigious behavior on your part; and/or if the coaching relationship is compromised in any way due to unforeseen circumstances. Any non-voluntary termination will be accompanied by an appropriate referral as needed and will not always require a termination session.

I leave it up to you to call and request an appointment time. If you have a standing appointment and do not show, I will notify you. If I do not receive a response, I will take you off the schedule for any future appointments and will consider the coaching relationship to be terminated.

Client Rights

You have the right to information regarding my training and professional credentials.

Initial Here: _____

You have the right to be treated by me in a consistently competent, ethical and respectful manner.

You have a right to referrals to other competent professionals and services when your treatment needs indicate it.

You have a right to ask questions about the approach and methods I use and to decline the use of certain techniques.

You have the right to stop receiving coaching from me without any obligation other than to pay for the services you have already received.

You have a right to resume services following termination following assessment of the appropriateness of continued coaching.

You have a right to discuss your concerns, questions, and complaints with me.

Interaction with the Legal System

You understand that you will not involve or engage me, as your coach, in any legal issues or litigation in which you are a party to at any time either during your coaching or after coaching terminates. This would include any interaction with the court system, attorneys, Guardian ad Litem, psychological evaluators, alcohol and drug evaluators, disability evaluations/paperwork, emotional support animal paperwork, or any other contact with the legal system. If you believe it necessary to subpoena me, as your coach, you would be responsible for my expert witness fees in the amount of \$1,500.00 for one-half (1/2) day to be paid five (5) days in advance of any court appearance or deposition. Any additional time I spend over one-half (1/2) day would be billed at the rate of \$375.00 per hour including my travel time and expenses. You understand that if you subpoena your coach, I may elect not to speak with your attorney, and a subpoena may result in me withdrawing as your coach.

Initial Here: _____

PLEASE SIGN BELOW AND INITIAL THE RIGHT CORNER OF EACH PAGE TO ACKNOWLEDGE THAT YOU HAVE READ AND UNDERSTAND THE INFORMATION DESCRIBED HEREIN AND THAT YOU HAVE DISCUSSED WITH ME ANY PART OF THE INFORMATION YOU DO NOT UNDERSTAND.

THE ORIGINAL COPY OF THIS DOCUMENT WILL REMAIN IN MY FILE AND I WILL GIVE YOU A COPY FOR YOUR PERSONAL FILES IF NEEDED.

“I UNDERSTAND THE FINANCIAL POLICY, INCLUDING THE REQUIREMENT TO HAVE A CREDIT CARD ON FILE AND THE POSSIBLE CHARGES FOR NO-SHOWING FOR APPOINTMENTS. I UNDERSTAND THAT I AM RESPONSIBLE FOR THE PAYMENT OF ALL SERVICES RENDERED. I HAVE READ AND UNDERSTAND THE ENTIRETY OF THIS INFORMED CONSENT.”

AGREED UPON RATE: _____

Signature and printed name of client(s):

Date: _____

Signature of Coach: _____

Initial Here: _____



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COACHING QUESTIONNAIRE

Please fill in the information below. If this paperwork is for a minor, please complete the questions from their perspective to the best of your ability, skipping any non-applicable questions.

Name: _____
(First) (Middle Initial) (Last)

Preferred Nickname: _____

Date: _____ Birth Date: _____ Age: _____

Gender: Male Female Other: _____

Preferred Pronouns: He/Him/His She/Her/Hers Other: _____

Sexuality: Heterosexual Bisexual Gay/Lesbian Other: _____

Marital Status: Single Married Domestic Partnership Separated Divorced Widowed

Please list any children/age: _____

Current living situation: Live alone Live with others: _____

Initial Here: _____

Address: _____
(Street and Number)

(City) (State) (Zip)

Home Phone: (_____) _____ May I leave a message? Yes No

Cell/Other Phone: (_____) _____ May I leave a message? Yes No

E-mail: _____ May I email you? Yes No
*Please note: Email correspondence is not considered to be a confidential medium of communication.

Referred by (if any): _____

EMERGENCY CONTACT INFORMATION

Name: _____

Relationship to Client: _____

Phone Number: _____

GENERAL HEALTH INFORMATION

1. How would you rate your current physical health? (please circle)

Poor Unsatisfactory Satisfactory Good Very good

Please list any specific health problems you are currently experiencing:

2. How would you rate your current sleeping habits? (please circle)

Poor Unsatisfactory Satisfactory Good Very good

Please list any specific sleep problems you are currently experiencing:

3. How many times per week do you generally exercise? _____

Initial Here: _____

What types of exercise to you participate in: _____

4. Please list any difficulties you experience with your appetite or eating patterns.

5. Are you currently experiencing any mental health concerns?

6. Are you currently experiencing any general health concerns?

7. Are you currently experiencing any chronic pain? No Yes

If yes, please describe: _____

8. Do you drink alcohol more than once a week? No Yes

9. How often do you engage in recreational substances? Daily Weekly Infrequently
 Monthly Never Prefer not to say

10. Are you currently in a romantic relationship? No Yes

If yes, for how long? _____

On a scale of 1-10, how would you rate your relationship? _____

11. What significant life changes or stressful events have you experienced recently:

12. Do you have a history of abuse, neglect, or trauma? No Yes

Initial Here: _____

13. Do you currently have any hobbies that you enjoy? No Yes

If yes, please describe: _____

14. Do you have friends/family members whom you feel are supportive? No Yes

15. Do you have any past legal issues? No Yes

If yes, please describe: _____

16. Are your parents still living? Both living Mother only Father only Both deceased

17. Do you have any siblings? No Yes

If yes, please tell ages, genders, and birth order:

18. Are you currently employed? No Yes

If yes, what is your current employment situation: _____

Do you enjoy your work? Is there anything stressful about your current work? _____

19. Do you consider yourself to be spiritual or religious? No Yes

If yes, please describe your faith, belief or spirituality: _____

20. What brings you to coaching today?

Initial Here: _____

24. What are your goals for coaching? _____

25. Please give any additional information that you feel is important to know about you:

Initial Here: _____

PLEASE SIGN BELOW AND INITIAL THE RIGHT CORNER OF EACH PAGE TO ACKNOWLEDGE THAT YOU HAVE READ AND UNDERSTOOD THE QUESTIONS AND HAVE PROVIDED ACCURATE INFORMATION TO THE BEST OF YOUR KNOWLEDGE.

THE ORIGINAL COPY OF THIS DOCUMENT WILL REMAIN IN MY FILE AND I WILL GIVE YOU A COPY FOR YOUR PERSONAL FILES IF NEEDED.

Signature and printed name of client(s):

Date: _____

Initial Here: _____



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CREDIT CARD AUTHORIZATION FORM

Please note that the information on this form will be received through email and stored in Square's online virtual terminal that is password protected for your safety.

While all secure methods to protect your information are in place and I take your safety seriously, no one can 100% guarantee that any online system cannot be breached, thus you are accepting responsibility and risk in allowing The Southern Backwoods Oracle, LLC, or any part of The Southern Backwoods Oracle, LLC, to store your information for coaching charges.

By signing this form, you authorize your coach with The Southern Backwoods Oracle, LLC, to keep your signature and card information on file in order to charge coaching session fees (individual, group, workshops, couples, family or other) or for any appointments with your therapist that resulted in a no-show fee. This will be charged to your credit, charge, or debit card as filled out below for coaching services provided to:

_____ (Coaching Client's Name: Please Print)

You understand that this authorization is valid until canceled in writing. You understand that though this information is in an online client file, and is unlikely to be tampered with, you agree to assume the risk if the file and credit card information is compromised. You understand that charges for ongoing services will normally be posted to my credit/debit/flex card account within 48 hours of each session date and my session fee will be charged after the session on the day of your session. Additionally, you agree that the card listed below may be charged by your coach with The Southern Backwoods Oracle, LLC, in order to settle any outstanding balances accrued by the above listed client upon termination of coaching services that you have not paid. You agree that if you have any concerns or questions regarding charges to your account, or if the charge fails to post to my account, you will contact your coach with The Southern Backwoods Oracle, LLC, for assistance and/or disclosure. You agree that you will not dispute any charges

Initial Here: _____

with your credit card company unless you have already attempted to rectify the situation directly with your coach and those attempts have failed.

Furthermore, if you are assuming session payment responsibility for the client above whose name is listed in the printed area, and that client is someone other than yourself, you understand that you are not entitled to information pertaining to confidential coaching sessions as provided by this person's coach at The Southern Backwoods Oracle, LLC.

You understand and agree to these terms. You understand the conditions of this payment policy and agree to the conditions stated above.

Credit Card Information:

Name Printed on Card: _____

Type of Card: _____

Credit Card Number: _____

Expiration Date: _____ CVC 3 Digit Code on back of Card: _____

Zip Code for Billing Address: _____

Initial Here: _____

PLEASE SIGN BELOW AND INITIAL THE RIGHT CORNER OF EACH PAGE TO ACKNOWLEDGE THAT YOU HAVE DISCUSSED WITH ME ANY PART OF THE INFORMATION YOU DO NOT UNDERSTAND. YOU ARE CERTIFYING THAT THE ABOVE INFORMATION IS TRUE AND ACCURATE. CLIENT'S SIGNATURE BELOW INDICATES THAT (S)HE HAS READ THIS ENTIRE DOCUMENT, UNDERSTANDS IT COMPLETELY, UNDERSTANDS THAT IT AFFECTS HIS OR HER LEGAL RIGHTS, AND AGREES TO BE BOUND BY ITS TERMS.

BY SIGNING THIS FORM, YOU AUTHORIZE THE SOUTHERN BACKWOODS ORACLE, LLC, OR ANY PART OF THE SOUTHERN BACKWOODS ORACLE, LLC, TO KEEP YOUR CREDIT CARD INFORMATION ON FILE AND CHARGE ANY FEES THAT ARE YOUR RESPONSIBILITY AS OUTLINED IN THE INTAKE PAPERWORK. YOU UNDERSTAND AND GIVE PERMISSION TO CHARGE YOUR CARD IN THE CASE OF NO-SHOWING FOR AN APPOINTMENT AND FOR SERVICES RENDERED. IF YOU DO NEED TO CANCEL AN APPOINTMENT, YOU AGREE TO CONTACT YOUR COACH AT THE SOUTHERN BACKWOODS ORACLE, LLC, IN ADVANCE. THE SOUTHERN BACKWOODS ORACLE, LLC,, OR ANY PART OF THE SOUTHERN BACKWOODS ORACLE, LLC, AGREES TO ONLY CHARGE FOR SERVICES RENDERED OR FOR FEES FROM NO-SHOWING OF APPOINTMENTS.

THE ORIGINAL COPY OF THIS DOCUMENT WILL REMAIN IN MY FILE AND I WILL GIVE YOU A COPY FOR YOUR PERSONAL FILES IF NEEDED.

Signature and printed name of client(s):

Date: _____

Signature of Coach: _____

Initial Here: _____