

Welcome to life coaching with me!

Before we get started, please read the following and sign and return to me.

NATURE OF SERVICES

A typical consultation is 60 minutes long, via Skype or telephone. If you live outside the US and don't have access to Skype I'll give you an international call in number and we can meet via teleconference. If you need to cancel an appointment please do so at least 24 hours in advance or charges may apply.

SERVICES OFFERED—THEORETICAL APPROACH

Over the years, and thanks to hours of coaching and personal study I've come to see how my perception is always more a cause of my feelings than my situation, even when my situation seemed dire. I don't mean in a Pollyanna, *let's-make-the-best-of-it* kind of way but in a way where once you understand how your beliefs work things don't seem so bad. We still feel pain, but the pain is less sharp, it doesn't last so long, and we stop worrying that we're having it. My approach doesn't require that we spend a lot of time looking for 'the culprit' that is "causing" you pain. Trying to nail our parents/friends/teachers for things they did or didn't do is more of the same that we've been doing and can keep us trapped in suffering. My approach is to show you the bigger picture of how our thoughts and our feelings work and quietly point you in the direction of your own wisdom, peace and healing.

If you ever have questions about the nature of the theories I use please feel free to ask me. I'll be happy to supply you with additional materials and talk more with you about this.

TRAINING AND EDUCATION

I am a Life Coach and not a licensed physician or psychologist, nor are my services licensed by the state of California. I have been teaching people through my blog about the nature of the mind and what it means to be human since 2012. My primary training has been from informal discussions with now retired clinical psychologist, Mr Don Morrison. I have completed Dr Amy Johnson's *Life Coaching Training Class*. What I teach is what I find useful in my own life. I have a Master's Degree in Human Nutrition.

TELEPHONE COACHING

Single one hour Consultation: \$125.

5 One hour session plus email support: \$497

Payment is via Paypal, check or credit card.

CONFIDENTIALITY

All information disclosed is confidential and may not be revealed to anyone without written permission, except where disclosure is required by law. Disclosure may be required in the following circumstances: a reasonable suspicion of child or elder abuse, a reasonable suspicion that the client presents a danger to him or herself or to others. Disclosure may also be required in relation to a legal proceeding. I may discuss your case with a colleague for the purpose of getting a second opinion; however your name will not be disclosed.

ACKNOWLEDGEMENT OF INFORMATION

In order to use my services, California state law requires that you acknowledge receipt of the information provided in this form and that you sign it even though my services are not regulated by the State of California.

ACKNOWLEDGEMENT AND CONSENT TO RECEIVE SERVICES

I have read and understand the above disclosure about Life Coaching services offered by Lisa Esile. I have discussed with Lisa the nature of the services to be provided. I understand she is not a licensed physician and that Life Coach services are not licensed by the state of California. I understand it is my responsibility to maintain a relationship with a licensed medical doctor. I have read and agree to the above fee policy.

Name: _____

Signature: _____

Date: _____

Life Coaching is alternative or complementary to healing arts that are licensed by the State of California. Under Sections 2053.5 and 2053.6 of California's Business and Professions Code.