

COACHING PARAMETERS

JUSTINA VAIL EVANS, MCC CHT



SERVICES PROVIDED

The service provided is under the umbrella title, 'Personal Development Coaching and Consulting'. The work with Justina includes life and career coaching and consulting, NLP (Neuro-Linguistic Programming), hypnotherapy, energy psychology, spiritual guidance, and grief recovery. Each are utilized depending on your needs and what you are interested in.

This work, in any combination, takes the coaching experience to a deep level and are very specific to your personal life and career.

WHAT WE WORK ON

You will choose the topic. You will address where you are presently, what you wish to create for yourself, what might have been getting in the way, and how you will manifest the life you want.

This is all achieved through a powerful engagement that includes inquiry, reflection, challenge, therapeutic tools, and simple steps toward practical changes, both internal and external.

This is a process of self-awareness and discovery, integration, and deep and sustainable transformation.

WHERE WE WORK

All sessions are via Zoom unless otherwise arranged.

In-person sessions are available in Montecito, Santa Barbara, Goleta, Carpinteria and Summerland, CA at your home or office at no extra charge.

LENGTH OF SESSIONS

Sessions can be anywhere from 30 minutes to 3 hours long, depending on your needs. The options listed below represent the most typical. For other session lengths please contact me directly.

MONTHLY PACKAGES

We work in Calendar Months—the period from a day of one month to the corresponding day of the next month if such exists or if not to the last day of the next month (as from January 3 to February 3 or from January 31 to February 29).

COACHING OPTIONS

CLARITY SESSION

1 hr sessions are often used as an initial clarity-creating session for new clients, or a booster session for existing clients (see packages below).

We go directly into the work. You'll experience deep coaching and therapeutic techniques tailored to your needs, whether that's moving through a block, opening to new possibilities, or stepping into a more expanded sense of self. Many clients choose to continue into a package afterward, but this single session alone can bring powerful clarity and lasting shifts.

Note: Hypnotherapy sessions for new clients are after the initial 1-hr is completed, generally in 1.5–2 hr sessions to give time for the depth it requires.

BREAKTHROUGH PATH

A month of focused coaching designed to give you momentum, clarity, and direction as you release what's holding you back and step onto your next path.

The 3 hours are used within the calendar month agreed upon and can be used in a variety of ways, depending on the nature of the work desired and can be scheduled in sessions from 30 min to 3 hours.

DEEP INTEGRATION JOURNEY

A three-month transformational journey, allowing you to create lasting change and alignment with your authentic self through deep, ongoing integration.

The work builds in clarity, power and depth, with goals established and re-established throughout, flexing with your journey, and maximizing the transformation.

The hours can be scheduled from 30 min to 3-hour sessions, depending on your needs.

CANCELLATION / CHANGE

We have a 24-hour cancellation policy. Please give us at least 24 hours notice to change or cancel an appointment, or your session will be forfeited. Thank you for understanding.

YOUR RIGHTS AND RESPONSIBILITY

There are times when this work may challenge your old perspectives or beliefs and that is part of the exploration. However, you have the right and responsibility to let me know if there is anything that I do or say that you are not comfortable with or would like me to stop. I am also trained in some energy work and NLP, which in-person sometimes requires physical touch on the arms, hands and head to 'anchor', to tap on a meridian point, or to move energy. If we work in person and this is requested, I will ask your permission before doing so, *and* it is your right and responsibility to let me know at any time if any kind of touch is not completely okay or comfortable for you.

RESPONSIBILITY FOR DECISIONS

I am deeply committed to providing you with support that will contribute to the achievement of important personal and business results. However, the final decision about acting on this counsel and the responsibility for results achieved is your own. *JVE Coaching* and all its affiliates assume no management responsibility for your decisions or for policies or practices that you actually implement.

RESPONSIBILITY FOR MENTAL HEALTH

As a client, you are fully responsible for your physical, mental and emotional wellbeing during our work together, including your choices and decisions. You can choose to discontinue our work together at any time. My style of personal development coaching

and consulting is a comprehensive process that may involve all areas of your life, including work, finances, health, relationships, education, and recreation. Deciding how to handle these issues, how you want to incorporate the work we do together into those areas, and how to implement your choices is exclusively your responsibility.

If you are currently in therapy or otherwise under the care of a mental health professional, I ask that you consult with the mental health provider regarding the advisability of working with me, and that you make this person aware of your decision to proceed with a personal development coaching and consulting relationship with me.

Our work together is not to be used as substitute for professional advice by legal, medical, financial, business, or other qualified professionals. All decisions in these areas are exclusively yours and your decisions and actions regarding them are your sole responsibility.

CONFIDENTIALITY

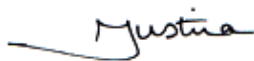
Your privacy is extremely important to me. I respect your willingness to be truthful and I will treat your information as a special confidence. I promise you that all information provided to me will be kept *strictly confidential*. The only exception to this would be if I am compelled by a US court of law to disclose information in a criminal case.

REQUESTS

The effectiveness of our sessions is a shared responsibility. I request that you exercise your responsibility by leading the session, asking for what you want, letting me know what is working or not working, and what you want more of in our working relationship. This is about your success. 😊

Be open, present, and ready to know yourself better. That's where life change starts.

I look forward to supporting your success!



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