

Waddington Wellness Welcome Package



WELCOME!

Congratulations! You have decided to take the first step towards improving your life and I am excited to join you as YOU take your development to the next level! I believe we can have a rewarding and supportive partnership as you achieve your goals and discover new perspectives on life.

The information in this package is designed to familiarize you with what and how we do things here at Waddington Wellness. We define “Wellness” as being in a heightened state of mental and physical well-being; being comfortable, happy, and healthy within yourself. This package includes: (1) a short introduction of the founder Jonathan Waddington, (2) details about Waddington Wellness, (3) a segment on confidentiality and code of ethics, (4) Waddington Wellness’ policy on appointments, cancelations, packages and fees, (5) a consent form, (6) what our practitioner-client agreement entails, and (7) a client intake form. Please sign and date all highlighted areas 48-hours prior to your first appointment with Waddington Wellness. Failure to do so will result in the cancellation of your appointment.

1) JONATHAN WADDINGTON, CHP, CLC

Motivation is not just a word but a state of being. Ever since he was a young child, Jonathan Waddington has wanted to motivate and inspire people to live their lives to the fullest. When he was three years old, Jonathan wanted to join a martial arts club that would only admit children 5 and up, but, even at this young age, he proved to the instructors that he was focused and ready, and they let him join. He pushed himself to become a black belt by 16 and in the process discovered his gift for helping, motivating and inspiring others to achieve their goals within the program.

In 2015, during his Psychology undergrad at York University in Toronto, Jonathan was introduced to Havening Techniques® by Dr. Ronn Young, CEO and President of the Havening Institute of Canada (HIC). He saw the positive impact of these techniques and was motivated to learn more to be able to help others in his future practice. Jonathan became a Certified Havening Practitioner in June 2016. He wanted to continue gaining more knowledge of ways to help others, so he began and completed his Life Coach Certificate from Rhodes Wellness College in British Columbia. He now uses both techniques to help people accomplish their goals, help create shifts in people's lives, as well as help others reduce their stress and symptoms of potential harmful behaviours or situations. Jonathan will help motivate you to become the best possible version of yourself.

2) WADDINGTON WELLNESS

Waddington Wellness is a place where wellness comes first. Jonathan uses Havening and Life Coaching techniques to assist his clients in their personal growth. Please see a brief explanation of each of these techniques below:

- i) Havening is a psychosensory technique that uses touch on the hands, face and arms to bring you to a relaxed, conscious state. This technique is used to aid in traumatic experiences, stress management and positive well-being, which in turn will result in delinking your trauma with the negative emotion and create a greater awareness of yourself and your perspective on life.
- ii) Life Coaching can help you find the power from within yourself by asking powerful questions and observing your emotions in the present moment in order to help you better your future self. Coaching is for people who want to move from feeling poor to good or great to fantastic! We will talk about goal and boundary setting, problem solving, life changes, and anything you want to change or become GREAT at doing.

3) CONFIDENTIALITY AND CODE OF ETHICS

i) Confidentiality:

All information received by the practitioner from the client shall be held in strict confidence. This includes all and any information received verbally, electronically, in writing, or any other form of communication. All such information shall remain in confidence after the professional relationship has ended. This information can be shared under the following circumstances: with written consent, to avert or minimize imminent danger to the health and safety of any person, to report a child who might need protection under the Child Welfare Act, or by order of the court.

ii) Code of Ethics:

As a Havening Practitioner and Certified Life Coach, I follow the Code of Ethics for both the Havening Techniques® and the International Coach Federation (ICF). The client can request these documents at any time.

Client Initials: _____

4) CONSENT FORM

I, _____ understand and consent to the treatment I have requested. I understand that Havening Techniques® (HT) are for the purpose of wellness and stress management, and Life Coaching is for the purpose of life changes and accomplishing my goals.

I understand that Jonathan Waddington is a Certified Havening Practitioner (CHP) and Certified Life Coach (CLC), and he is not a psychologist or psychotherapist and therefore our relationship is not to be construed as psychotherapy, psychological counseling, or any type of therapy, nor is it a substitute for these services.

In regard to Havening, I consent to allowing Jonathan Waddington to use HT on me during my session and I understand that he may be touching my hands, arms, and face, and understand that the Havening touch is completely curative in nature. I understand it is possible that I may experience some emotional distress and/or physical discomfort that can be perceived as negative. Unresolved memories may also surface, and emotional material may continue to surface after a HT session, and give an indication of other issues or incidents that may need to be addressed. In using HT, it is possible that previously vivid or traumatic memories may fade which is a positive outcome; however, this could adversely impact the ability to provide legal testimony that carries the same emotional impact as prior to applying HT

regarding a traumatic incident. Therefore, it is essential that the details of all ongoing legal issues concerning an event be discussed prior to a HT treatment.

In regard to coaching, I understand that I am responsible for my life and am in charge of the choices I make during and outside of the sessions.

I understand that if, for any reason, it is necessary for a session to be video or audio taped I will be informed a minimum of 24-hours' in advance and will have given written authorization.

I understand that Jonathan Waddington reserves the right to withhold treatment for any reason at any time.

I agree to promptly inform Jonathan Waddington if I experience any emotional distress and/or physical discomfort during our work together, particularly between our sessions. If appropriate, I will be referred to a suitable professional health care provider for further assistance.

I understand that my consent to the nature of our HT and coaching sessions is given voluntarily, without coercion, and may be withdrawn at any time in the future.

Client Initials: _____

5) WADDINGTON WELLNESS POLICIES

i) Appointments:

- a. Sessions can be scheduled through the website, phone, or email, and must be made at least 24-hours before the desired session, unless otherwise agreed upon.
- b. Sessions will commence at the scheduled start-time of the appointment. No extra time will be available. If the client is late, the session will still end at the scheduled time.

Client Initials: _____

ii) Cancellations:

- a. Sessions must be cancelled at least 24-hours before the scheduled appointment. Failure to do so will result in a full-service fee of \$60.00. This must be paid within 48-hours of the scheduled session.

Client Initials: _____

iii) Packages and Fees:

a. Life Coaching Session (\$60):

- Can be used to help identify and achieve your goals, change your perspective or aspects of your life.
- This service includes one (1) 60-minute Coaching session.
- Can be done online or in person.

b. Life Coaching – Two (2) Month Package (\$400):

- Can be used to help identify and achieve your goals, change your perspective or aspects of your life, at a discounted price! If you are having difficulty pursuing your goals, changing behaviours or want to work on your relationship skills, this is the service for you. Let Waddington Wellness help you learn the tools to tackle these issues.
- This service includes eight (8) 60-minute Coaching sessions over the course of two (2) months.
- Can be done online or in person.

c. Life Coaching – Three (3) Month Package (\$540):

- This service includes twelve (12) 60-minute Coaching sessions over the course of three (3) months, giving us an opportunity to get to the root of things and plan for a positive future.
- Can be done online or in person.

d. Life Coaching – Five (5) Month Package (\$800):

- This service includes twenty (20) 60-minute Coaching sessions over the course of five (5) months. The more time we spend working together the more I can help! After 20 sessions you will be able to live and breathe positivity like its second nature, let us help motivate you to change your life for the better.
- Can be done online or in person

e. Havening Session (\$80):

- Havening is a psycho-sensory technique. There is a light brushing of the hands, arms, and face. This technique dissociates the connection between a memory and an emotion. This service is great for stress management, relaxation, and increasing resilience and well-being.
- This service includes one (1) 60-minute Havening session.
- It is recommended that this service be done in person; however, it can be done online, if necessary.

f. Havening Package – Four (4) Sessions (\$240):

- This package is for those who are dedicated to living a healthier, happier and more productive life.
- This service includes four (4) 60-minute Havening sessions over the course of two (2) months.
- It is recommended that this service be done in person; however, it can be done online, if necessary.

Client Initials: _____

6) PRACTITIONER-CLIENT AGREEMENT

- i) As the client, you are responsible for your life. You will make and follow through with your choices regarding your actions and what we will work on together.
- ii) You will consistently take the initiative with the practitioner in this relationship.
- iii) You understand that information will be held as confidential unless otherwise stated (see Section 3 “Confidentiality and Code of Ethics” above).
- iv) You understand that Havening and Life Coaching are comprehensive processes that may involve many areas of your life, including work, finances, health, relationships, education and recreation. You acknowledge that deciding how to handle these issues, incorporate Havening and coaching into those areas, and implement your choices is exclusively your prerogative.
- v) You understand that Havening and Life Coaching does not involve the diagnosis or treatment of mental disorders, as defined by the Diagnostic and Statistic Manual (DSM). You understand that Havening and Life Coaching are not a substitute for counselling, psychotherapy, psychoanalysis, mental health care or substance abuse treatment and you will not use it in place of any form of diagnosis, treatment or therapy. You understand that Havening and Life Coaching are not to be used as a substitute for professional advice by legal, medical, financial, business, spiritual or other qualified professionals and you will seek the appropriate professional service for such matters.

Client Initials: _____

7) CLIENT INTAKE FORM

Personal Information

Full Name: _____

Date of Birth: _____

Current Home Address: _____

Home Tel.: _____ Work Tel.: _____

Cell: _____

E-mail: _____

Preferred Method of Communication: _____

Other Information

What is your reason for coming to Waddington Wellness?

What are some things that you truly value?

What do you believe to be your strengths?

What do you believe to be your weaknesses?

Have you seen anyone professionally before? _____ What was the reason?

I, _____, have read Waddington Wellness' Welcome Package and understand what has be stated. I agree with all policies and information I have been presented. If there is anything that I did not understand, I have contacted Waddington Wellness about these concerns before signing this document.

Client Name

Date: _____
(MM/DD/YYYY)

Client Signature

Please check this box to validate your signature

Jonathan Waddington, CHP, CLC
Founder, Waddington Wellness

Date: _____
(MM/DD/YYYY)