



# Annah Elizabeth, LLC

*let healing begin*

## **New Client Coaching Communique**

### **Coaching Services with Annah Elizabeth**

#### **Welcome, Neighbor!**

It is an honor to walk alongside you as you move toward living a life you love—even in the face of adversity. This agreement outlines our shared understanding of what coaching entails, how sessions will work, and what to expect when working with me through *The Five Facets® Philosophy on Healing* or spiritual coaching frameworks.

My role as your coach is to support you in uncovering the strengths, patterns, and tools you already possess and to help you implement clear, actionable steps to align your life with your personal, professional, and philanthropic goals.

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Please read this document thoroughly before completing your electronic consent. No changes may be made to this agreement. This document and its contents are copyrighted intellectual property and may not be reproduced, distributed, or altered in any way.

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## **What Coaching Is—and Isn't**

Coaching is a co-creative process built on mutual respect, trust, and your autonomy as the expert in your own life. My role is to help you:

- Identify limiting beliefs and recurring patterns
- Gain clarity and insight into your emotional, social, spiritual, physical, and mental landscape
- Explore, evaluate, and utilize the Five Facets® of Healing and/or other methodologies in your own life
- Take aligned, strategic steps toward your goals and healing journey

Coaching is not therapy, counseling, or medical care.

I am not a licensed mental health professional or physician. I do not diagnose or treat mental illness, prescribe medication, or offer legal or financial advice. Coaching is designed to complement—not replace—other professional or medical services you may be receiving.

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## Session Structure & Policies

- Sessions are held via Zoom (or another virtual platform); limited in-person availability.
- You are responsible for attending sessions on time and being present.
- Missed appointments or cancellations with less than 24 hours' notice will be forfeited and are not eligible for rescheduling or refund.
- The number and frequency of sessions will be tailored to your needs.
- You may discontinue coaching at any time. If, after the second session, you wish to make a change to the format, we will evaluate that together. If you still choose not to proceed, I will refund your investment minus the cost of the first two sessions. No refunds will be issued for unused sessions after the second session.

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## Confidentiality

All coaching sessions are held in strict confidence. Any notes or personal information shared are securely stored and never disclosed outside the coaching relationship, unless:

- You provide written permission for me to share information with a specific provider
- Disclosure is required by law (e.g., harm to self or others)

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## Intellectual Property & Usage Restrictions

All materials, processes, and language shared in coaching sessions—including but not limited to:

- *The Five Facets® Philosophy on Healing*
- Worksheets, frameworks, exercises, and recorded content

...are the sole intellectual property of Annah Elizabeth, including branded offerings HeartWise Healing Solutions and The Five Facets®. These materials are for your personal growth and transformation only.

They may not be copied, republished, distributed, or shared with others under any circumstances. Violation of this agreement constitutes infringement of copyrighted materials and may result in legal action.

The services and content provided by Annah Elizabeth are not intended to provide—and do not constitute—medical, legal, or other professional advice. These services are designed to support, not replace, medical or psychiatric care. Except in cases of gross negligence or malpractice, you or your representative(s) agree to fully release and hold harmless Annah Elizabeth and Annah Elizabeth, LLC from and against any and all claims arising out of or in connection with your coaching experience.

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## Comprehension & Consent

By completing the electronic consent form, you indicate that:

- You understand the nature of coaching and what it does and does not include
- You agree to the terms outlined in this document
- You assume full responsibility for your participation and personal decisions
- You release Annah Elizabeth and Annah Elizabeth, LLC from any liability relating to outcomes from coaching

You acknowledge that results may vary based on your readiness, willingness, and ability to engage in the process.

You are taking an empowered step, and I'm honored to support you on this part of your healing and transformation journey.

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## **Let's Begin.**

With compassion, clarity, and a shared commitment to your healing,

**Annah Elizabeth**

Healing Specialist, Life & Spiritual Coach

[www.annahelizabeth.com](http://www.annahelizabeth.com)