**CONTACT INFORMATION** *fields marked with \* are optional*

Today's Date \_\_\_\_\_\_\_\_\_\_\_\_\_ Full Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Client DOB \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Preferred name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Legal Guardian & relation (if minor)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Street Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_State\_\_\_\_\_\_\_\_\_\_Zip\_\_\_\_\_\_\_\_\_\_

Preferred Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Other Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

May I leave a message? *Yes / No* May we text you? *Yes / No* May we email you? *Yes / No*

Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Preferred method of communication?\_\_\_\_\_\_\_\_\_\_\_\_

\*Religion/Spirituality\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Relation\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency contact # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Learning/Physical Ability Challenges\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*Additional personal information including personal identifiers.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**THE PROCESS**

Life and behavioral change coaching focuses on personal and/or spiritual growth, communication skills, and perspective shifting. We work together on a collaborative journey with a mix of techniques, approaches, and modalities tailored to the individual. Guidance is generally a body-centric approach. Techniques, approaches, and modalities include but are not limited to techniques found in "Core Energetics'', NLP and NASM life coaching, NASM behavioral change, worksheets, strategic questions, physical movements, visual aids, meditative exercises, and breathwork. The goal is fuller authentic expression, self-knowledge and awareness.

**RELEASE OF LIABILITY/LIMITS OF PRACTICE**

As you start this transformational experience, I want you to be informed about the following.

* I am not yet but soon will have my NLP life coach certification. I am also studying NASM life coaching and NASM behavioral change curriculums.
* My breathwork and meditation teachings come from courses, reading, and my extensive personal experience. Including a decade of being a scout leader with the Hungarian Scout Association in Exertis.
* I am a Core Energetics practitioner in training.
* You are aware that Alexander P. Viiberg is not a licensed mental health provider. My coaching and methods are not medical treatment, nor is it in the category of traditional psychotherapy or counseling. As such I do not claim that my coaching be used as a substitute for any of these. If you are considering working with a psychologist, psychiatrist, psychotherapist, or counselor, you are certainly welcome to discuss this decision with me, however the decision is entirely up to you.
* This work can bring up unwanted personal feelings. For some people, the work may elicit emotional, physical, or spiritual changes that may be uncomfortable, disturbing and/or surprising.
* You must be aware that movement of any form may create a certain risk of physical injury (accidents or physical strain) and/or emotional distress. You must be willing to assume this risk personally.
* You will be fully responsible and are free to refuse any intervention at any time.
* You understand there will be physical contact, and you will be touched. Touch is therapeutic and non-sexual. Though this has the ability to assist in releasing emotional and physical blockages, as previously stated, you have the right to refuse an intervention at any time.
* You understand there are no guarantees in the work. Emotional imbalances, life struggles, or physical conditions MAY or MAY NOT change or disappear as a result of our work.
* You will not use and be under the influence of alcohol or drugs in a session.
* Your confidentiality will be completely respected and honored.

By signing this form, you accept & agree to the above statements, & you release Alexander P. Viiberg from all legal liability, & you also voluntarily consent to participate.

Print Name Signature

Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_