

## Welcome to Make a Wave Leadership and Wellness Services

We are excited that you have joined us!

Making change in our lives, whether large or small, can be unnerving. It can also be fun and incredibly rewarding. We celebrate that you have made the first step and we look forward to supporting you. Our services are matched to your needs. We meet you where you are at, support you to get clear on your goals and provide the space and environment for you to achieve more than you expect. We invite you to show up and work hard - your results are based on your effort and your commitment.

We promise we will fully show up for you in every session.

### **Counselling**

Our “soft service” counselling provides you with a safe, supportive space to get clear and real with yourself. Sometimes we can be unaware of and get stuck on patterns and false beliefs that act as “holds” and prevent us from moving towards our goals and desires. Our focus is to support you to identify these holds, determine if they are useful to you and support you to release or adjust based on where you are in your process. You can expect to be supported and you can expect to be challenged. Remember - if you are uncomfortable – you are growing! As you open to new ways of processing, perceiving and being in this world you will experience new freedom, confidence and liberation.

### **Leadership Coaching Neuro and Linguistic Programming**

We provide one on one services, our signature Igniter Leadership Series or custom designed programs. Leadership Coaching is an incredibly transformative process that, when you are in a place to make real, significant change, can create profound impact in your life. Our coaching continually gives all the power back to you, the client. We believe that you are the expert in your life and we are the experts that support you to move into your personal best. Our processes use professional coaching techniques and cutting edge Neuro Linguistic Programming that support integration of your fragmented self back into the whole. We bring you into alignment with your passions and purpose as individuals or synergistic groups.

### **Reiki and Quantum Healing Chamber**

We live in a world of energy. Our thoughts, actions, bodies are all forms of energy. Reiki is an ancient practice that acknowledges this universal energy. Everything and everyone innately seeks balance, nature teaches us that. At times when we are out of balance can experience blockages physically, mentally, emotionally and spiritually. These can limit us and lead to unhealthy choices, misalignment with our values and passions and ultimately illness. Reiki and the Quantum Healing Chamber are subtle and powerful forms of energies that support the body to release blockages and re-establish natural states of health and vitality. Reiki is a “lighter” session and used in combination with other therapies. The QHC is a deep cleaning and imprinting; a shamanic process with ancestral energies.

### **Spiritual Mentorship and Support**

As we all move deeper into our true selves there may be a calling to tap into a higher aspect of consciousness/creation/God. Whatever you use as a belief system and as your higher power, we can support you to establish an even deeper connection with that aspect of yourself through Spiritual Mentorship, Coaching and Guided Meditation. You will experience a more expansive, aligned and humble presence the deeper you move into your spiritual self; you will become the objective observer and love giver in a world that needs just that.

**What can I expect at my first session?**

Based on the level of service you have requested, this is a time when we get to know each other. You get to tell your story. We get to listen. We may ask some questions to further understand you and your expectations of us and yourself. This is when we determine how we can best meet you where you are at and support you to get where you want to be. With some of the energetic work we may bypass this stage and get right to it.

**What is the duration of a session?**

Our sessions are typically one hour. We can combine or extend sessions as it fits with your process.

**How long will it take to achieve my goals?**

The journey to wholeness and vitality can vary and it is fully driven by your needs, your goals and your commitment to do the work. Some people choose the continuous commitment with our packages deals and some choose one session at a time. You get to decide. Typically, clients see the most results with at least 8 consecutive sessions.

**Fees and Access to Services**

All sessions are one hour unless otherwise indicated. Sessions are held in person, over the telephone or on Skype. Recommended duration and packages are discussed at commencement based on need, type of service and mutual agreement. GST is not included in pricing. Payment upon arrival at session or email transfer to: [rita@makeawave.ca](mailto:rita@makeawave.ca)

Counselling / NLP / Life Coaching / Reiki Combo	\$90.00 [1 hour]
Quantum Healing Chamber	\$125.00 [1 hour]
Multiple Session Package paid prior to sessions commencing.	\$800.00 [10 sessions @ \$80/session]
Celesta Ceremony Intro.	\$250.00 [6 hours + 30 minute integration session]
Celesta Ceremony Full	\$300.00 [6 hours + 30 minute integration session]
Celesta Ceremony Integration	\$90.00 [1 hour]
IGNITE the LIGHT Program pre-screening required.	\$960.00 [12 sessions @ \$80/session]
Reiki Level I Training	\$150.00 [1 day]
Reiki Level II Training and Attunements	\$175.00 [1 day]
Reiki Level III Master/Teacher Training and Attunements	\$275.00 [1 1/2 days]
Quantum Healing Chamber Practitioner Intro.	\$300.00 [1 day]
Quantum Healing Chamber Practitioner Apprentice Program	ask us [customized]
Depression/Anxiety Let's Talk Energy Mini Series	\$30.00 [1.5 hour group drop in]

**Can services be reimbursed?**

Coverage through your insurance/health/medical/work policies may include services provided by an RSW in the province of Alberta (British Columbia registration is pending). We suggest that you check with your coverage directly. Receipts with registration number are provided upon request.

**What if I miss a session?**

We require that you provide at least 24 hours notice if you are unable to attend a scheduled session. Session fee will be charged if no notice is given. Sometimes life happens, let us know if there were conditions that made it not possible to notify us and we will give consideration to waiving the fee.

**What if I have prepaid sessions and decide to end services?**

If there is mutual agreement that services are no longer in the best interest of you, the client, or Make a Wave, services can be terminated and we will do our best to recommend alternate services. Your credit is then transferrable to someone else.

**Who has access to my information?**

*Client confidentiality is ensured and information will not be released without informed consent, except in cases where a child/youth's safety, well-being, or the safety of others is at risk. Specific information may be released as per the Criminal Code of your particular area. We observe the guidelines and laws of the area in which you reside and when required by law, give evidence in court.*

**How is my information stored?**

*All active and inactive files are stored in a double locked manner. Inactive files will be retained for a maximum of 10 years.*

**Referrals**

*We aim to support you to be the best that you can be! It is important that you have a great fit when moving towards your goals. If you feel for any reason that we are not a fit for you – that is absolutely fine! If we feel that we are not a fit for you – we will let you know. Either way we have a network of other supports that we will recommend to you – the choice is always yours.*

**Does Make a Wave's Services replace other professional services?**

*Our services do not replace that of medical, legal, financial or other qualified professionals. We encourage you to seek support in all areas of your life and we do not endeavor to replace any of them. Decisions made in our processes are your decisions and actions regarding them are your sole responsibility. We see all professions as having value and we see you as the best expert in your life.*

**Feedback Procedure**

*We continually strive to meet the needs of our clients and our community. If you are not satisfied with our service please talk to us, we are highly committed to serving you well.*

*If you have had an awesome experience, please share with us and others, our best way to help others is through the story of your experience! (Reviews on Google go along ways for us - simply go to google maps, search Make a Wave Leadership and Wellness and click on Write a Review - super easy and we thank you deeply for helping us to help others).*

*We look forward to co-creating a new level of wellness with you, for you!*

I hereby agree to the following:

- I have read and understand the Informed Consent to Make a Wave Services.
- I understand the limits to confidentiality required by law. \_\_\_\_\_ (initial) \_\_\_\_\_ (initial)
- I understand that if I threaten to harm myself, others and/or a child/dependent adult, Make a Wave is required to protect these individuals, including myself, at the expense of protecting my privacy. \_\_\_\_\_ (initial) \_\_\_\_\_ (initial)
- I know I can end sessions at any time.
- I know I can ask for a referral to another service.
- I am over the age of eighteen, or have been designated a mature minor.
- I understand that I have the right to talk openly and honestly and this is when I will get my best results.
- I will provide feedback to Make a Wave to enhance services I receive.
- I will do my best to attend scheduled appointments even if I do not always feel like it.
- I know that my session fee will be withheld if I do not attend my appointment or provide at least 24 hours notice.
- I understand that Make a Wave does not replace medical or other professional services.
- I agree to engage in services under the conditions outlined in this document.
- I understand my rights and responsibilities as a client and Make a Wave's responsibilities.
- I am motivated to explore and take action to create change in my life as I realize I am worth it.

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Client (Print Name)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Client (Print Name)

\_\_\_\_\_  
Date

I, Rita Krebs, have discussed the guidelines and requirements within this consent with my client. My observations indicate that this person understands the rules and provisions of services as set out above and is competent to give informed and willing consent at this time.

\_\_\_\_\_  
Rita Krebs, RSW, NLPP, ECPC, Reiki Master  
Signature

\_\_\_\_\_  
Date