



Welcome to Make a Wave Leadership and Wellness REMOTE Services

We are excited to get started with your sessions. To ensure the most of your experience on the telephone or via video we request that you take these steps to create an optimum experience. Please let us know prior to your session if you have questions or difficulty with any of our recommendations.

- 1) Complete the Intake Form, review and sign the Informed Consent and scan and email both back to us prior to the session to: rita@makeawave.ca
- 2) Please forward balance of payment to:

Paypal:	https://www.paypal.com/paypalme/my/profile
Email transfer:	rita@makeawave.ca
- 3) Ensure that you have complete privacy and will not be disturbed. Use a quiet room with a comfortable chair and some floor space for movement. It is good to have a recliner type chair or chair and bed if possible.
- 4) Make sure that you note time zone differences, if relevant.
- 5) Based on type of session, please note the following:

Telephone: (in Canada)

- Make sure you have long distance calling plan - if you do not, we can make alternate arrangements.
- Have a secure telephone connection and if it is a cell ensure excellent reception.
- Have a clear, reliable blue tooth or corded headset (if corded please have a cell to ensure movement).
- Call us at exactly the time your session is scheduled to begin @ 250.286.8060.

ZOOM Video Call:

- Make sure you have a reliable computer and internet plan.
 - We recommend using a cable to connect your laptop to the internet for best video quality.
 - Have a clear, reliable blue tooth headset set up to your computer or long headphone cord.
 - The ZOOM link is included in your session email confirmation.
- 6) Ensure that we have an alternate phone number or an email on your application in case at some point during the session, we become disconnected. We will attempt to contact you back, first to the phone number (if in Canada) then to the alternate contact method. (If we are doing energy work sometimes things can get interesting).

Telephone and video sessions can have the same excellent results as in person sessions. Make sure that you show up with an open mind ready to do important work - you are worth it. The more you step in, the better the results and the quicker you can move into your excellent life.

“See” you soon!