

Welcome to Make a Wave Leadership and Wellness Services

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 to fully show up for you in every session.

Counselling

Our counselling sessions provide you with a safe, supportive space to get clear and real with yourself. Due to life events and traumas we can get stuck in looping distress, patterns and false beliefs that act as “holds” and prevent us from health, vitality and 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.

Neuro and Linguistic Programming and Leadership Coaching

We provide one on one services, our signature Igniter Leadership Series or custom designed programs. Our processes cutting edge Neuro Linguistic Programming that support integration of your fragmented self back into the whole and professional coaching techniques that excavate your answers aligning you to your sovereign self. 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.

Shamanic / Reiki Sessions

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 we 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. Our Shamanic / Reiki sessions support the body to release blockages, clear traumas, reclaim your inherent wisdoms and gifts and re-establish natural states of health and vitality.

Messages from our Star Families

As we all move deeper into our true selves there may be a calling to tap into a higher aspect of consciousness/creation. 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. As level of innerstanding grow we become even deeper creators of our realities; personal power increases, compassion becomes unlimited and fear no longer holds us in stasis. We wake from the dream.

As Rumi knew and shared ... “We are all just walking each other home”.

We are glad to share our path with you.

Rita and the Team

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, your beliefs 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 - 10 weekly consecutive sessions. We recommend weekly, otherwise the work can get “diluted” in time.

Fees and Access to Services

All sessions are one hour unless otherwise indicated. Sessions are held in person, over the telephone / video. Recommended duration and packages are discussed at commencement based on need, type of service and mutual agreement. GST is not included in pricing. Cash payment upon arrival at session please so we can get to the good stuff.

Counselling / NLP / Shamanic/Reiki Combo	\$125.00 [1 hour]
Counselling / NLP / Shamanic/Reiki Combo (no receipt)	\$100.00 [1 hour]
Multiple Session Package paid prior to sessions commencing.	10 sessions for the price of 9
Completion of GOOGLE Review	\$10 discount on your next session :)
Celesta Ceremony Handshake / Full Ceremony	\$440.00 [5 hours]
Celesta Ceremony Integration Session	\$125 .00 [1 hour]
Reiki I with 3 practice evenings	\$250.00 [1 day & 3 evenings]
Reiki Level II Training Attunements with 3 practice evenings	\$350.00 [1 day & 3 evenings]
Reiki Level III Master/Teacher Training and Attunements	\$400.00 [1 day]
Quantum Healing Chamber Practitioner Intro.	\$300.00 [1 day]
Quantum Healing Chamber Practitioner Apprentice Program	ask us [customized]
Teachings and Transmissions Drop in	\$30.00 [1.5 hour]
Sunday FunDay Ceremony	free energy event
The Portal Multi Dimensional Classroom Rental (for clients only)	\$25.00 [2 hours]

Can services be covered?

Coverage through your insurance/health/medical/work policies may be covered. We encourage you to you confirm directly with your provider. Receipts are provided upon request and priced above. Those with no coverage receive a discount on sessions for increased accessibility.

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 surprises us, let us know what’s happening... 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 we 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 someone's safety and well-being are at risk. If that situation arises we will do our best to work with you to bring in the supports needed. 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 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 for helping us to help others).

We are so glad you are here. See you soon!

Rita and the Team

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)*
- 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)*
- 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

Parent Signature (if under 18)

Parent (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