



online session instructions

Welcome to Make a Wave Leadership and Wellness REMOTE Services

Hi! We are excited to get started with your sessions. To ensure the most of your online experience 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.
- 2) **Scan** or take a picture of Intake Form and last page of Informed Consent and email prior to session:

rita@makeawave.ca
- 2) Forward **Payment** by e-transfer prior to the session:

rita@makeawave.ca
- 3) **Setting** is important for session success. Please 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) **ZOOM** set up:
 - Make sure you have a reliable computer/cell phone and internet access (preferably corded, not wifi).
 - Have a clear, reliable headset set up to your device (preferably corded).
 - The ZOOM link will be forwarded through text (email if out of Canada) shortly before your session.
- 6) **Alternate contact method.** The energetics and technology can get interesting, in the event of disconnection, we will contact you on your cell (email if out of Canada).
- 7) **Time ZONE.** All sessions are scheduled in PST time, adjust your brain and schedule accordingly. :)

Video sessions can have the same great results as in person. We invite you to show up with an open mind and ready to do the work - you are so worth it.

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

We are so glad you are here, Rita and the Team