



informed consent

Welcome to Make a Wave Leadership and Wellness Services

Where healing meets harmonic evolution.

Making change in our lives—whether large or subtle—can feel uncertain. It can also be joyful, liberating, and deeply fulfilling. We honor your first step and celebrate your willingness to step into something greater. At Make a Wave, we meet you exactly where you are. Whether you seek clarity, transformation, recalibration, or reconnection, we create a safe and attuned space to support your next becoming. Our services are customized to your current needs and soul path. We invite you to show up with presence and courage. Your results are guided by your commitment—and we commit to fully show up with integrity, care, and attunement in every session.

Counselling Gentle challenge. True reflection. Deep healing.

Our counselling sessions offer a safe and supportive container to get clear and real with yourself. Life experiences and trauma can create loops and false beliefs that act as energetic “holds.” Together, we explore what’s arising, identify what no longer serves, and begin to shift patterns at the root. You will be met with compassion—and sometimes challenge. As you open to new ways of seeing, feeling, and being, you reclaim your clarity, freedom, and emotional sovereignty.

Neuro Linguistic Programming Recode. Realign. Remember.

Using leading-edge NLP techniques and intuitive guidance, we support the reintegration of fragmented parts of self. This work uncovers unconscious patterns, rewires limiting beliefs, and reconnects you to your own inner compass. When you are ready to make lasting change, NLP provides a powerful map to your most aligned reality.

Shamanic Experiences Rebalance. Release. Return.

Shamanism is an ancient practice that recognizes everything seeks harmony, and nature shows us how to return. These sessions were not planned. They happened to me. And so, I have finally listened. Here is the offering. With the support of the ancestors who walk with us, we tend to the places where energy has become stagnant, fragmented, or forgotten. We work in conscious partnership with the seen and the unseen, listening deeply to what your body remembers—and to what the Earth is ready to give back to you. These sessions are not about fixing. They are about reclaiming rhythm, wisdom, and vitality. This is not technique. This is relationship and the restoration of harmony across body, mind, and spirit.

Multidimensional Sessions Light, Sound, Stargate & the Voice of Your Field.

These sessions connect you to the greater intelligence of your multidimensional self—your star codes, sound frequencies, and soul blueprint. Each offering is tailored to what your system is ready to receive. You may be guided through a Stargate Journey, recalibrated by your Galactic Team, attuned through Sonic Alchemy, or receive a Sacred Mirror Transmission in written or spoken form. Whether the work comes through tone, message, or energetic alignment, the effect is the same: restoration of coherence, expansion of your inner knowing, and support for your next evolutionary step.

This is not entertainment or escape.

This is sacred technology in service to your remembering.

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

Rita and the Team



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We are so glad you are here, 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 reclaiming you 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 6-10 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 or video. Recommended duration and packages are discussed at commencement based on need, type of service and mutual agreement. Cash payment upon arrival at session please so we can get to the good stuff.

Counselling / NLP / Shamanic / Galactic Combo (1 hour)	\$144.00
Phone or texting follow-up/check in (20 mins)	\$ 44.00
Sacred Mirror + Harmony Session Transmission	\$ 44.00
Voice Transmission (MP3 audio recording by practitioner):	\$ 44.00
RESET 2025 8 WEEK Series (evenings)	\$444.00
RESET 2025 8 WEEK Series (daytime)	\$444.00
RESET 2025 3 Day INTENSIVE	\$444.00

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 the session fee will be charged. Sometimes life surprises us, let us know what’s happening... we may give consideration to waiving the fee. *Please do not respond to the scheduling app - I will not get your message.*

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.



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Who has access to my information?

Client confidentiality is ensured and information will not be released without the completion of a Release of Information. In cases where someone's safety and well-being are at risk we will 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 doing your work. If you feel that we are not a fit for you, that is ok. 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; you are your medicine.

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 expert in your life.

Feedback Procedure

We 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 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.

*See you soon,
Rita and the Team*

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



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We are so glad you are here, 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,
- I understand that 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, Shamanic Practitioner

Date