

## **Mentorship and Stress Management Education Agreement and Consent**

Mentorship involves supporting the client through holistic communication, reflection, and exploration. Below is a description of who is a client, what a mentor is and what is NOT a part of mentoring. Please write your initials after each paragraph to indicate that you have read and understand what is written. Sign and return to me prior to your first session. Do not hesitate to reach out to me if you have any questions.

### **The Client**

The client is an individual who wishes to access non-judgmental, holistic support to identify and reach their personal goals. Many people come to Inner Light Recovery to address stress management, health and wellness, personal growth, transitions and balance and healing. Stress is a significant cause for numerous physical, mental and spiritual forms of “dis-ease”. Growth and transitions are a part of life and we all experience “seasons” similar to those in nature. Balance is not a static state but an ever-changing multidimensional place where we find peace and grounding. I respectfully believe the client to be a unique, capable, and resilient human being. The client is expected to let me know what feels helpful and productive as well as what does not resonant with them.

Initial \_\_\_\_\_

### **Maggie as Mentor and Stress Management Educator**

A mentor provides a safe and supportive environment for the client to explore what is a current challenge or growth edge. I strive to provide a relaxed, fun and encouraging atmosphere for the client to discover the direction in which they would like each mentoring session to go in order to reach their desired outcomes. Please see my complete bio at [www.innerlightrecovery.com](http://www.innerlightrecovery.com) to get an overview of my professional background.

Initial \_\_\_\_\_

### **What Mentorship and Stress Management Education is NOT**

Mentorship and Stress Management Education is NOT a substitute for medical or psychological diagnosis or treatment. The practitioner will not diagnose, prescribe, or perform medical treatment, nor interfere with the treatment of

other licensed professionals. I am licensed as a nurse in the Commonwealth of Pennsylvania and cannot offer nurse coaching outside of this state. I will not be able to provide nurse coaching/medical/integrative healthcare advice. I am functioning as a trained Stress Management Educator, Mindful Self-Compassion Educator and Mentor. I am functioning in an educator/mentor role as a nurse.

It is always recommended that clients see a licensed physician for any physical and psychological ailments and inform all health care providers of their concurrent health care providers and modalities.

Initial\_\_\_\_\_

### **Self-Care Responsibilities**

I understand that personal safety and emotional wellbeing are foundational and that I am primarily responsible for my own safety. I will not push myself to do anything that feels distressing or harmful. If I feel overwhelmed, I will stop what I am doing or slow down until I feel comfortable again. I will inform Maggie of any therapies/medications/life events that might impact my mentorship and stress management education. Except in the case of gross negligence, I and my representative(s) agree to fully release and hold harmless Margaret (Maggie) Brown, from and against any and all claims or liability of whatsoever kind or nature arising out of, or in connection with, my sessions.

I have read this agreement and fully understand the contents of this agreement. I sign it of my own free will.

Client Name\_\_\_\_\_

Birth Date\_\_\_\_\_

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

Date\_\_\_\_\_

**Personalized Mentorship Program**

I commit to \_\_\_\_\_ sessions at a cost of \_\_\_\_\_ per hour. Payment for sessions will be at the time of service by check or Venmo.

I will provide 24 hours' notice for cancelation.

I \_\_\_\_\_ have read and agree with the above.

Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

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

Date \_\_\_\_\_