

NATURAL HEALTH & BEYOND

Wellness Consulting Agreement

What is Wellness Consulting?

Wellness Consulting is an ongoing support that helps clients produce fulfilling results in their lives. Through the process, clients deepen their awareness, improve their health and enhance their quality of life. The Consultant is committed to the individual who desires support in creating choices that enhance and strengthen their life: physically, emotionally, mentally and spiritually. Wellness consulting accelerates the client's progress by providing greater focus, tools, resources and inspiration.

Wellness Assessment

In order to make the most efficient use of the client's time, a wellness assessment is recommended to be completed in advance of the first session. The wellness assessment is a comprehensive questionnaire that allows the consultant and client to gain a better understanding of the client's wellness lifestyle and reveals how different areas of the client's life may be supporting or impacting their health.

Consultant's Role

- * Empower the client to improve and maintain their health with positive choices and a balanced lifestyle
- * Act as a facilitator, assisting the client in developing and implementing their vision and goals
- * Encourage client self-discovery
- * Provide support that is personally tailored to the client's specific needs
- * Build on client's strengths, believing that every client is creative, resourceful and whole
- * Inspire, encourage and help guide the client to find the best solutions for themselves
- * Respect client's individuality and position on the wellness continuum

Client's Role

- * Define the goals, obstacles and challenges you would like to address
- * Maintain honesty and stay true to your needs
- * Be on time for all appointments and call at least 24 hours before if your need to reschedule
- * Communicate with the consultant what works and what doesn't work in having someone support you
- * Affirm that you are fully responsible for your well-being, choices and decisions in your life
- * Determine and honour your commitment to yourself and your lifestyle choices

Wellness Ethics and Confidentially

As a Wellness Consultant, I acknowledge and honor my ethical obligations to clients and colleagues. I will conduct myself responsibly and with the highest degree of integrity and accountability. I will maintain strict confidentiality about all personal information shared by the client.

Medical Disclaimer

Wellness Consulting services are not a substitute for medical care and are not intended to diagnose or treat any condition. The consultant will not make any medical diagnoses, claims and/or substitute for a physician's care. All specific medical questions should be presented to your own health care provider.

Our signatures on this agreement indicate full understanding of and agreement with the information outlined above.

Client's signature

Wellness Consultant's signature

Date

Date