



WHOLISTIK LIVING PROJECT LLC 1 ON 1 SERVICES AGREEMENT

ONBOARDING

Greetings Beautiful Light Souls!

It is with great joy to welcome you Home to yourself. You have made an important decision that will take you to life deep authenticity, self-fulfillment and inner alchemist.

Please take time to go through this document to familiarize yourself with what you need to get started, which include:

Filling up required information,
completing payment,
understanding the terms and conditions
tools you will need.

Once you complete reading and fill out all the onboarding information, send back a copy of this document for processing, latest 5 days prior to the start of your journey.

Should you have any questions, just call or email us. We are looking forward to connecting in this life-transforming path of homecoming journey .

Gratitude.

Love & Light

Wholistik Living Project

Phone: +1 973 910 8470 (USA), +233 551 588 8916 (Ghana)

Email: info@wholistiklp.com

www.wholistiklp.com

ABOUT YOU

Please complete the following form with your information which will be part of your enrollment data and send back a copy of this document for processing latest 5 days before start date.



First Name:

Last Name:

Date of Birth:

Address:

City:

Country:

Email Address:

Date:

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CONTRACT

Please read the terms of this contract and if in agreement, sign below and email back a copy at maximum, 5 days before course start date.

This Agreement is entered into by and between:
Wholistik Living Project LLC
(Wellness & Personal Development Lifestyle Business)
and
Your Full name (Client)

Whereas Wholistik Living Project LLC agrees to provide Personal development Services for Client focusing on the following topics/results/outcomes/goals attached to this Agreement as Schedule.

Client - Practitioner Relationship:

- A. Practitioner agrees to maintain ethical behavior during the entire personal development program.
- B. Client is solely responsible for creating and implementing his/her own physical, mental and emotional well-being, decisions, choices, actions and results arising out of or resulting from the working relationship, Wholistik Living Project LLC and interactions with the Practitioner/other experts. As such, the Client agrees that the Practitioner is not and will not be liable or responsible for any actions or inaction, or for any direct or indirect result of any services provided by the Practitioner. Client understands Wholistik Living Project programs are not a substitute for therapy if needed, and does not prevent, cure any mental disorders or medical disease.

Fee Structure & Course Schedule:

- C. As described in the package of your choice. The time of the meetings and/or location will be determined by Practitioner and Client based on a mutually agreed upon time.

Cancellation & Termination:

Client agrees that it is the Client's responsibility to complete the tools/ in the required schedule. Practitioner reserves the right to bill Client for a missed meeting.

Either the Client or the Practitioner/wholistik living project LLC may terminate this Agreement at any time with written notice.

One-on-one Sessions- Appointment (Only) Reschedule is available two days (48 hours) or lose session.

Confidentiality:

All client data and agreement with Practitioner are confidential between the 2 parties.

Above agreed by (Clients Signature) :

Date:

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Your Full name

Whereas Wholistik Living Project LLC agrees to provide Coaching Services for Client focusing on the following topics/results/outcomes/goals attached to this Agreement as Schedule.

REFUND POLICY

Your satisfaction with your Program, Product or Service is important to us. Yet, because of the extensive time, effort, preparation and care that goes into creating and/or providing our Programs, Products, Services and Program Materials, we have a very strict refund policy. We do not offer refunds or cancellations on 1:1 service packages. All contracts and purchases are binding. If you have any questions or problems, please let us know by contacting us directly at info@wholistiklp.com

I have read and understand the terms of this agreement.
(Enter your full name.)

Date:

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RESCHEDULING POLICY

Once payment is made for booking your first session, fees are 100% non-refundable.

Individual sessions can be rescheduled. To reschedule, you must do so prior to 48 hours before your session begins or your session will be forfeited without refund. We reserve the right to make decisions on last-minute cancellations or rescheduling done in less than 48 hours from your call at our discretion.

To reschedule your session, simply use the link within the calendar invite to cancel & reschedule your session. If the session is cancelled within the 48 hours before the scheduled start of your call, no refunds are available.

If you have any questions or problems, please let us know by contacting us directly. Support can be reached at info@wholistiklp.com

I have read and understand the terms of this agreement.
(Enter your full name.)

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WHAT MAKES IT DIFFERENT THAN OTHER PROGRAMS

- ♥ Personal, one-on-one attention.
- ♥ Wholistic health approach, the goal is to strengthen and maintain healthy systems (spirit, brain, body and community/environment). Wholistic principles of life and wellness is an innate fact that health principles, our diet, lifestyle, relationships, community (environment), thoughts, finance and emotions all contribute to our overall health).
- ♥ I offer mastermind peer support, 1 on 1 private session, and psychospiritual education.
- ♥ Our inherent belief is that aspirants are born whole, complete and worthy. Traumatic experiences might cause one's psyche to become fragmented. We believe there are no "bad" parts within the human psyche, and the goal of guidance is not to eliminate parts but instead to help aspirants find non-extreme roles. Our intention is to achieve balance and harmony within the internal psyche system.
- ♥ Your teacher takes an educational and peer support approach for deeper understanding drawn from personal experiences and knowledge of working with personal traumatic experiences.
- ♥ Soulkavation- this approach will support aspirants to heal and awaken the soul through the past, present and future with personalized rituals (mantras, sound, elements, visualization, meditation, growth mindset tools, art and writing).

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PACKAGES

Are any of the following true for you?

COMMON TO ALL PACKAGES: ARE ANY OF THE FOLLOWING TRUE FOR?

- 
- ♥ You are stressed & anxious.
 - ♥ Avoiding relationships with other people, not being able to trust others, or believing the world is very dangerous and/or a feeling of not knowing how to interact with others.
 - ♥ Reliving a traumatic experience (this can include having nightmares or flashbacks).
 - ♥ Avoiding certain situations (you might avoid situations or activities, such as large crowds or driving, that remind you of the traumatic event and difficult conversations with family and friends)
 - ♥ Constantly being on-alert or jittery
 - ♥ Have a hard time sleeping or concentrating.
 - ♥ Easily startled by loud or unexpected noises.
 - ♥ Uncontrollable feelings, such as explosive anger or ongoing sadness
 - ♥ feeling detached from your emotions or body.
 - ♥ Feel guilt or shame that you feel completely different from other people.
 - ♥ Sense of despair or hopelessness about the world.
 - ♥ Preoccupied with the relationship between you and your abuser.
 - ♥ Seek or remain in relationships with people who violate you because it feels familiar.

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PACKAGES

EXPECTED RESULTS

- ♥ Relaxation
- ♥ Stress Relief
- ♥ Decreased Anxiety
 - ♥ Manage triggers and dissociation state
 - ♥ Flexibility
- ♥ Improved Focus and concentration
 - ♥ Self Acceptance
 - ♥ Improved Self-Worth
- ♥ Spiritual Awareness
- ♥ Self Awareness
 - ♥ Body Awareness
 - ♥ Self Compassion
- ♥ The Art of Surrender
- ♥ Self-management
- ♥ Social awareness
- ♥ Relationship skills
- ♥ Ability to make responsible decisions
- ♥ Improved overall wellness
- ♥ Release control and perfectionism
- ♥ Discovering Your Gifts
- ♥ Learning to See Your "Flaws" as Gifts
- ♥ Improved personal boundaries
- ♥ Improved healthy coping skills
- ♥ Improved coherent sense self
- ♥ Improved Sleep
- ♥ Improved playfulness
- ♥ Discover life purpose
- ♥ Improved Intimacy
- ♥ Re-parent inner child
- ♥ Desensitize traumatic memories and thoughts.
- ♥ Tools to replace negative thought patterns with more healthy positive thoughts.
- ♥ Engage in community contribution and civic engagement
- ♥ Proper nutrition
- ♥ Growth mindset
- ♥ Cultivate a value system
- ♥ Physical wellness
- ♥ Improved Finance
- ♥ Psychoeducation
- ♥ Cultural sensitivity

WHOLISTICK LIVING PROJECT 1 ON 1 SERVICES PACKAGES

Homecoming Healing 1 ON 1 SERVICES

What Is Homecoming Healing?

We believe healing is a process of coming home to our authentic selves. We each get to define and reunite with the true nature of ourselves. Monk Thich Nhat Hanh describes "home as a place inside of us where loneliness disappears. When you are home we feel warm, fulfilled, peace, safe and comfortable." Homecoming healing is much like peeling the layers of an onion, the more you peel, the deeper you go into the wounds of the past, and in those layers holds more understanding. Homecoming healing help you take your power back from fear, suffering, traumas cycles, blockages, and habits that are keeping you from living your highest version, joyous and most fulfilled life. Homecoming healing is when a person chooses to self-reflect, acknowledge and transform unhealthy relationships, self-betrayal habits, intense emotions and unhealthy thinking patterns. With the right tools everyone has the power to be their own healer with the right tools and guide. As you heal, you will thrive in every area of your life and so will your confidence, self-love, beliefs about purpose and your relationships.

What I Do.

In our 60 or 90 Minute session(s) I will guide you through the process of uncovering the root of what is keeping you stuck from showing up as your wholesome self in your life. I help people embody their highest calling by teaching them how to discover non-extreme parts within their psyche and harmonize with these internal parts to serve their purpose. I will teach you healthy techniques to connect with yourself on a deeper level, healthy coping mechanisms and show you how to use life changing holistic tools that will help you in your every day life. Each session will end with homework, resources and suggestions to further aid in your healing process in between our sessions.

WHOLISTICK LIVING PROJECT 1 ON 1 SERVICES PACKAGES

The Healing Process.

Healing is not a linear process. Healing is not the end, it is only the beginning of coming home to ourselves...

This means it takes TIME, weeks, months, practice, years or even a lifetime to truly heal from the darkest parts of ourselves. This is why it is vital to be guided through your process of uncovering your own trauma cycles. As I guide you through your process, it is important to stay patient, open, non-judgmental of yourself and stay excited and committed about your healing journey and the wonders of your life will soon mirror.