

Today's Date: \_\_\_\_\_

### Personal Information

\_\_\_\_\_  
First Name

\_\_\_\_\_  
Last Name

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

\_\_\_\_\_  
Street Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip Code

\_\_\_\_\_  
Gender

\_\_\_\_\_  
Place of Birth

\_\_\_\_\_  
Primary Phone Number

\_\_\_\_\_  
Email Address

### Confidentiality

As a practitioner, confidentiality lies at the core of my approach. Ultimate trust and security is our first priority. All communications, verbal and written, are under your exclusive supervision. I will not share anything we discuss with anyone else, including any other providers or clinicians, without your prior approval. All notes and reports I create from our work are viewable by you at any time of the process. If your name is mentioned to me by a third party or if we encounter each other in casual/social circumstances, I will not acknowledge nor imply that we have a provider/patient relationship unless you do so first. I pledge my ultimate confidentiality to you.

### The Nature of Our Work

My work is a combination of one-to-one coaching, success coaching, mindset coaching, spiritual coaching, breathwork, meditation and reiki energy healing. It is a method of connecting individuals with their deepest core essence that I have honed over many years of practice. The ultimate goal is for us to help you live from your deepest truth, giving you the courage to speak your truth, make decisions that serve your life goals and purpose, and nurture healthy, productive boundaries with those you love, those you work with, and with your culture/society at-large. I will provide you with many tools for breathwork, personal inventorying, and action-intentional living. I also like to provide written reports and resources as our work progresses, so that you may refer to our work later on and be renewed in your efforts to live completely from your center. Typically, in order to accomplish our goals, we require between 6 and 24 hours of work, depending on your needs. I charge \$88 per 45-60 minutes of in-person or telephone/zoom coaching.

I, \_\_\_\_\_, acknowledge that I have reviewed the above document. I have forwarded relevant questions to Niko about the process and I am prepared to enter into a coaching program of our mutual design. I commit to an open and honest process, and will bring my best efforts to the work at-hand.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date