

INITIATION: Awaken Client Agreement

Please take the time to read and fill in your Coaching Agreement. Once you have signed this agreement, you will be able to finalize your payment.

Agreement Terms

This agreement is entered into between **Coach: Alexandra Hindson** and This includes an additional 10 days following the final session to complete the **ARDR (Audio Reflexive Divergent Reprocessing) Sound Healing (audio EMDR)** component.

Scope of Services

The coach will provide a coaching package consisting of:

- **6 coaching sessions** over a 3-month period
- Sessions delivered via Zoom, phone, or face-to-face (as agreed)
- Access to ARDR Sound Healing audio for daily use

Coaching Agreement

- Somatic, strategic, and self-actualizing practices customized to the client's needs
- Additionally, weekly participation in an early morning, half-hour meditation

Coaching may focus on specific personal goals, professional growth, or overall well-being as mutually agreed upon.

Client Responsibility

As the client, I understand and agree that:

- I am fully responsible for my physical, mental, and emotional well-being during coaching sessions, including my choices, actions, and decisions.
- Coaching is a professional relationship that supports the development and implementation of my personal and/or professional goals.
- Coaching is not therapy or a substitute for licensed mental health care. It does not involve diagnosing or treating mental health conditions as defined by the American Psychiatric Association.
- I will seek appropriate support from qualified professionals for legal, medical, psychological, or financial matters as needed.
- I agree to communicate openly and honestly with my coach, including discussing any challenges, concerns, or feedback about the coaching relationship.



Mental Health & Prior History

I agree to disclose any past or present psychological or psychiatric treatment, where relevant. If mental health concerns arise during the coaching process, I will notify my coach so that we can explore appropriate support or referrals if necessary.

Confidentiality & Boundaries

All information shared during coaching sessions is held in **strict confidentiality**, unless disclosure is required by law or you provide written consent.

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You may choose at any point **not to discuss a particular topic** by stating your preference. Your coach will respect this boundary without judgment or pressure.

Cancellations & Rescheduling

If you need to cancel or reschedule a session, please provide at least **24 hours' notice**.

Cancellations made within less than 24 hours may be charged, except in the case of **extenuating circumstances** such as illness or family emergencies.

Termination & Postponement

This coaching agreement is valid for the duration of the 3-month program. In the event of extenuating circumstances, the client may **postpone the agreement for up to 1 month** with mutual agreement. Either party may terminate the agreement in writing with clear communication.

Final Agreement

By signing below, both the client and coach agree to the terms outlined in this agreement and commit to the integrity and intention of the coaching relationship.

Emergency Contact Name & Phone:

April 10, 2026



X

X *Alexandra Hindson*

Signed By Alexandra Hindson
Signed On: December 1, 2025



Signature Certificate

Document name: INITIATION: Awaken Client Agreement

🔒 Unique Document ID: 9E85D20D85283358F09DE2E799F17402DDD90050

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December 1, 2025 11:59 am
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Audit

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This audit trail report provides a detailed record of the online activity and events recorded for this contract.

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