



New Client Welcome Letter

Thank you for choosing to work with me! You deserve to create a life of greater ease, satisfaction, and wellbeing. I am honored to be your guide on the side, to assist you in gaining the awareness, confidence, and courage necessary to make the cumulative shifts that will result in the life you desire.

This process is unique to you. Together, we will collaborate and create a strong, supportive connection that allows you the safe space to explore what's been holding you back or troubling you. Virtual sessions offer benefits as well as challenges to creating the kind of optimal alliance that will support your transformation. Some clients prefer the virtual telemedicine platform, because you don't have to drive anywhere, and can have the comfort of the environment of your choosing. It's important you find a suitable, private place, however, which can be a challenge.

It can be helpful to start our session with some gentle breathing and settling, to allow you to let go of what preceded our time and enter the deeper internal transformational space within our virtual connection. Please prepare for our sessions with a little reflection, perhaps some note-taking, some water or refreshing beverage, and tissues. Also it's very helpful to turn **off** your computer and phone notifications/alerts to minimize distractions.

As part of our work together, I will occasionally ask for your reflection and feedback, but know you may offer it at any time. If any questions or concerns arise between sessions, do give me a quick call to let me know, so we can address it sooner rather than later or not at all.

Please download and fill out, scan and return via email your assessment forms, at least 24 hours in advance of your appointment, to me at mindfulguidance@protonmail.com.

I look forward to getting started soon!