



Equilibre Agreement

What You can Expect from Your Equilibre Facilitator:

- To support and restore your health and vitality, providing weekly sessions.
- To maintain confidentiality, sharing nothing about you or our work together without gaining your permission in advance.
- To support you in the clarification & focus of your health goals.
- To provide you with and/or direct you to all of the appropriate resources in support of your *Equilibre* program.
- To be your Equilibre Facilitator on a 24/7 basis, mindful of your interests & how I can support you on a continual basis.
- To return your requests for communication (i.e. emails, phone messages, etc.) in a timely manner.
- To support you in keeping your commitments, including scheduled sessions, fee obligations, & exercises.

What Your Equilibre Facilitator Expects of You:

- To attend scheduled *Equilibre* sessions, and, barring emergency, giving 24-hour notice of need to reschedule.
- To communicate between *Equilibre* sessions using email, or voicemail, providing updates on developments and information that are within the context and scope of our *Equilibre* relationship.
- To practice exercises and healthy living changes (e.g. diet & nutrition) within agreed timeframe.
- To communicate, in a timely manner, any aspect of your *Equilibre* experience that disturbs you.
- To communicate benefits in writing, including the role that *Equilibre* plays in your journey.
- To refer two people of similar caliber & integrity that you feel would benefit from *Equilibre*.

Equilibre is a process that benefits the client only when the proper commitment exists. It is normal to experience up and down times, yet it is your commitment and participation in the process over time that yields results.

This agreement is intended to put forth a general idea of mutual expectations along with the spirit of our intentions and is meant to be a guideline of good faith between the *Equilibre* Facilitator and the client. Your *Equilibre* Start & Anniversary Date is _____, 2011. This is a 90 day agreement. Your fee is \$2,000.00 for the first month and is due on the Anniversary date. The Facilitator & client will discuss continuation and any changes, including revisions to fees, etc. If the client has received 4 or more sessions per month from the Anniversary Date, and has fulfilled the commitments of what his/her *Equilibre* Facilitator expects of him/her and has not experienced benefits in excess of funds provided, the 90 day health investment will be refunded to him/her.

Sophie Caballero, Equilibre Facilitator

Date

Equilibre Client(s)