

# Innershift *coaching*

BY MARTINA

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## Liability Waiver & Informed Consent

NLP-BASED LIFE COACHING · GUIDED MEDITATION

Please read this form carefully and complete each section. By signing below you confirm that you understand the nature of the services provided by Innershift Coaching by Martina and agree to participate on the terms set out here.

### CLIENT INFORMATION

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FULL NAME

DATE OF BIRTH

MM / DD / YYYY

EMAIL

PHONE

EMERGENCY CONTACT — NAME & RELATIONSHIP

EMERGENCY CONTACT PHONE

### NATURE OF SERVICES

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Innershift offers **NLP-based life coaching**, which may include guided meditation and hypnotic-style relaxation to support personal goals. Services are **educational, motivational, and aimed at vocational and avocational self-improvement** within the meaning of California Business and Professions Code §2908.

These services **are not** psychotherapy, psychology, psychiatric care, clinical hypnotherapy, mental-health counseling, or medical treatment, and they are not a substitute for any of those. Martina is a Certified NLP Practitioner; she is **not** a state-licensed mental-health professional.

### HEALTH DISCLOSURE

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Please tell Martina (and check any that apply) before participating in guided meditation or relaxation work. These conditions may make some practices unsuitable, and you should consult a qualified licensed practitioner before proceeding:

- |   |   |
|---|---|
| <input type="checkbox"/> Psychosis, schizophrenia, or other severe psychiatric disorder | <input type="checkbox"/> Active suicidal ideation or recent self-harm |
| <input type="checkbox"/> Severe clinical depression or untreated bipolar disorder       | <input type="checkbox"/> Epilepsy or history of seizures              |
| <input type="checkbox"/> Dissociative identity disorder or severe dissociation          | <input type="checkbox"/> Active substance dependence                  |

Pregnancy complications or significant medical condition

Currently under the care of a mental-health professional

ADDITIONAL NOTES (MEDICATIONS, RELEVANT HISTORY, ANYTHING MARTINA SHOULD KNOW)

## ACKNOWLEDGMENTS

- Voluntary participation.** I am at least 18 years old and am voluntarily participating in NLP-based life coaching. I have read and understood the description of services above.
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- Not therapy or medical care.** I understand that coaching, NLP, guided meditation, and hypnotic-style relaxation are not psychotherapy, psychiatric care, or medical treatment, and that Martina is not a licensed mental-health professional or physician.
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- No guarantee of results.** I understand that outcomes vary and that no specific result, timeline, or cure is promised.
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- Honest disclosure.** I have disclosed relevant medical, psychiatric, and psychological history to the best of my knowledge.
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- Continued medical care.** I will not stop, reduce, or change any prescribed medication or treatment without first consulting my doctor or qualified provider.
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- 24-hour cancellation policy.** I understand that sessions cancelled or rescheduled with less than 24 hours' notice, or missed without notice, may be charged in full.
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- Recordings & safety.** I will not participate in any guided meditation or relaxation exercise while driving, operating machinery, or in any situation that requires my full attention. Any recordings provided are for my personal, non-commercial use only.
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- Confidentiality & limits.** Sessions are confidential, except where Martina is required by law to disclose, or where there is a credible risk of imminent serious harm to me or another person. I understand this confidentiality does not carry the same legal privilege as licensed psychotherapist-patient communication.
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- Assumption of risk & release.** I voluntarily assume any risks associated with participating in these services, and to the maximum extent permitted by California law, I release Martina and Innershift Coaching from any claims, demands, or damages of any kind arising from my participation, except for liability that cannot be excluded by law.
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- Terms reviewed.** I have read and agree to the [full Terms & Disclaimer](https://martinacoaching.com/terms) published at [martinacoaching.com/terms](https://martinacoaching.com/terms).

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SIGNATURE

CLIENT SIGNATURE

*Type your full name to sign*

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DATE

*MM / DD / YYYY*

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**To complete:** Print this form, sign by hand, and return a scan or photo to [hello@martinacoaching.com](mailto:hello@martinacoaching.com)  
— or fill in on screen, save as PDF, and email it back.