

Introduction

This Agreement outlines the nature of the relationship between the Client (You) and Seven Circles Coaching (the Coach/RTT® Practitioner/Hypnotherapist), together with the principles, roles, expectations and working arrangements for the duration of the Seven Circles Coaching Circuit(s).

The Use of Hypnosis in Rapid Transformational Therapy® (RTT®)

RTT® uses hypnosis to work with conditions or change habits. The purpose of RTT® is to develop and implement strategies to help you, the Client, reach personally identified goals.

The starting point for a RTT® session involves reviewing the issue you are experiencing and identifying a desired outcome.

Throughout the therapeutic relationship, the RTT® Practitioner will engage the Client in very direct and personal conversations and induce hypnosis to allow access to the Client's subconscious mind.

During your session, the RTT® Therapist/Practitioner will:

- Lead you into a deeply relaxed state of hypnosis.
- Guide you to review memories of events that were the root cause of the issue you are currently experiencing.
- Use methods to address this root cause and help you towards your desired outcome - for example, make suggestions to your subconscious that you decide upon, such as suggesting that you want to start/stop a particular habit or behaviour.
- Gradually bring you out of the trance-like state. (After which, most people feel refreshed and relaxed.)

Important

- You are fully in control when under hypnosis and do not have to take on the RTT® Practitioner's suggestions if you do not want to.
- If necessary, you can bring yourself out of the hypnotic state at any time.
- Hypnosis does not work if you do not want to be hypnotised.
- Whilst most clients get good results, there is no guarantee of success.

During the RTT® process, there may be reason to review some unpleasant memories or experience some uncomfortable emotions.

It is acknowledged that making personal changes in behavior, thinking and emotions through RTT® sometimes requires learning by trial and error, and so some confusion or setbacks in the process may occur.

You (the Client) acknowledge and agree to accept these potential risks.

You should seek the advice of a qualified medical practitioner before commencing RTT® if you have any questions or concerns related to your mental or physical health, physical fitness, or medical conditions.

Please note: You should not stop or alter any medication or treatment you are currently receiving without the prior consent of your doctor or mental health practitioner

Our Coaching Relationship

The purpose of the coaching relationship is to empower you and support you.

The aim of our work together is for you to achieve your desired outcome and goals using RTT® and coaching tools to help you identify and overcome the

unhelpful beliefs and patterns of thinking that have been holding you back in your life and business.

Client's Responsibilities

As your coach and hypnotherapist, I will encourage you to take responsibility for setting your own agenda and ask that you:

- Focus on what you want (not on what you don't want).
- Be reliable in keeping your appointment(s).
- Listen to your personalised audio for a minimum of 21 days after each RTT session.
- Be honest and open in your conversations with me.
- Be open to questioning and constructive challenge as and when appropriate.
- Be 100% committed to taking responsibility for your own development, decisions, choices and actions, and take the time to participate fully.

RTT® Practitioner Responsibilities

You can expect me to:

- Be deeply committed to empowering you, and supporting you towards achieving your most important goals in your business.
- Keep our appointments and be 100% present for you in our RTT® and coaching sessions.
- Actively listen and help you explore your ideas, thoughts, beliefs, values, feelings and behaviours, without imposing my own.
- Be honest with you if something comes up in your session that is outside of my scope of practice.
- Be compassionate, supportive, empathic and non-judgmental.

The Seven Circles Coaching Client Agreement



Rapid Transformational Therapy® (RTT®) Code of Ethics

As a Certified Hypnotherapist, I abide by the Rapid Transformational Therapy® (RTT®) Code of Ethics and standards of behavior and at all times will act with integrity, responsibility, competence, respect and professionalism. As the Client, you can review the applicable standards of behavior here: [Code of Ethics](#)

Delivery of Sessions

The RTT® and coaching sessions will be held online via Google Meet. This platform is secure and private. [Read more here](#)

Communications Session Scheduling, Cancellations, Lateness and

You can contact me in between our sessions via email or WhatsApp with questions, and I will respond to your message within 24 hours of receipt (subject to reasonable use).

The dates and times of the RTT® and coaching sessions will be made by mutual agreement in advance of each session via the booking calendar.

Sessions can be rescheduled by either of us with at least 24 hours' notice. In the event of a no-show or cancellation with less than 24 hours' notice, the session will be forfeited unless there are extenuating circumstances. Whether or not the session is forfeited is entirely at the discretion of the Coach.

If you are late for your session, the session end time will not be extended, resulting in a shorter session. If you are more than 15 minutes late, the session will be forfeited.

Schedule and Payment Terms

This Client Agreement is valid as of the date you tick the box to agree to the terms and throughout the duration of our

work together.

The investment for the Seven Circles Coaching Circuit(s) is outlined on the booking page, and payment is to be provided either in full in advance or via a payment plan arranged on request.

Confidentiality

All the information from our sessions is completely confidential and will remain between us except in the following circumstances:

- There is a life-threatening situation or if you, as a client, are an imminent danger to yourself or others.
- There is a requirement to share information by law.

With the above two exceptions, as your Coach and RTT® Practitioner, I will not disclose any information from the sessions to any parties without your explicit consent.

For more information regarding the collection and use of your personal data and information, please read the Seven Circles Coaching Privacy Policy.

Review and Evaluation

Throughout our work together, both during and in between sessions, you will have the opportunity to reflect on whether the sessions are helping/or have helped you move forward and to highlight what could be improved.

Termination & Refunds

We agree to be open and honest with each other about the coaching relationship itself. In the unlikely event that there is a breakdown in the coaching relationship, inadequate commitment to the process, or a lack of progress being made, either the Client or the Coach can request a termination of the Agreement with one week's written notice via email.

Requests for refunds are considered on a case by case basis and may be offered at the

Coach's discretion. Refunds will not be offered for completed sessions. Refunds are only available for pre-paid sessions that have not yet been delivered. Refund calculations will be less a deduction for services and sessions already completed.

All requests for refunds must be made in writing to Kristen Melville at kristen@sevencircleschoacing.com detailing the reason for the refund request.

Declaration and Disclaimer

By ticking the box on the order form and booking your RTT session you confirm that you have read this document in full and agree to the terms of this Agreement.

Additionally, you declare that you have read the information in the blue box below, about who RTT® is not suitable for.

You confirm that these contraindications do not apply to you or your circumstances.

In the case where you had a question about suitability, you confirm you have received clearance from your medical or psychiatric practitioner.

Who is RTT® Not Suitable For?

RTT® uses hypnosis and is not suitable for people with active epilepsy or individuals experiencing certain mental health conditions, including active psychosis, schizophrenia or some mood or personality disorders.

If you are currently under psychiatric care, taking medication for a significant mental health condition, or have concerns about suitability, please discuss this before booking so we can determine whether RTT® is appropriate for you.

RTT® is not a substitute for medical or psychiatric treatment.