

I am truly looking forward to our coaching and tapping time together! Here you'll find some **helpful tips** and some **logistical details**, too. Be sure to review them so we're all set for your session.

Safety, Respect, and Freedom are core. Here are some of helpful tips for us both to remember as we engage together:

- Questions are appreciated, anytime (in session and by email or text).
- Laughter and tears are welcome here.
- Your clarity and free choice matter!
- Ask for what is needed to take care of yourself.
- Pauses to breathe and ground are a natural part of the process. Ask for one anytime.
- Do please correct or redirect if anything doesn't feel congruent and true.
- Absolutely feel free to change the Tapping words to better fit your feelings and sensations.
- If something is coming up, share it -- especially if it doesn't "make sense" yet feels important.



It takes courage to be emotionally real. Thank you! I value vulnerability and am honored to be engaged with you in this way.

Gliding Investment Scale: For each **60*** minute coaching session you will choose an amount between €150 (my full rate) and € 75 (minimum). What you **choose** in that range is completely up to you, and it can vary from session to session, and will not influence my doing the best I can for you. I do ask that you pick an amount that feels **mutually generous and balanced** to you, and inspires you to take your commitment to yourself seriously. (*There may be times I feel we need to go a little longer, this extra time will be included in the price we've set. If you feel like you want a double session, we can arrange that beforehand.)

I usually recommend starting with a set of 4 weekly sessions, and reviewing where we are after that.

Now for some **Logistical Details** for our session(s):

- Plan to **start on time** (not early). Let us both use the minutes right before the session begins to ground and focus in.
- I'll send you the invitation ahead of the session - let me know whether email or WhatsApp works best for you. We'll meet in the **Zoom*** room right at the start time. (*or other virtual space)
- **Pay before** the session begins (unless we've made other arrangements) via PayPal. The gliding scale is designed to make our sessions possible in a way that is generous and balanced for us both.
- **Cancellations are okay!** (Even in the first minutes of the session - we're human!)There's no penalty for cancellations, and we will use the fee wired for the next session.)
- **No Shows are hard.** Yes, they happen (RARELY!) The first one in a calendar year is without charge, and can be rescheduled. After the first, any other no shows are charged the minimum fee.
- **Can we tap on that?** ~ YES! (Ask for this anytime.)
- **Recordings are optional and free** and right for most people (but not for everyone). Let me know on the session booking form or at the beginning of the session if you want to record it (otherwise it won't be). If we make a recording, you decide whether you want it by emailing me after the session (within 30 days) and requesting the private audio link.
- **Email me or WhatsApp me** before, after, and in between sessions if that is ever helpful to you. I'm the only one that reads texts or emails sent to beccafeliz@gmail.com

*"And then the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom."
Anais Nin*

Up front, I do not claim to have any medical training, or any qualification in psychology. Please note that any advice given in a session is not a substitute for any appropriate medical care, and you are advised to consult with a medical practitioner before embarking on these complementary or alternative modalities. By booking a session you accept responsibility for your own wellbeing, both in the session and by continuing at home with any techniques learnt. You are advised not to use EFT if you have psychosis, for your optimal well-being safety. Whilst Reiki, EFT/Tapping and Therapeutic massage have helped many people with personal well-being and self-development, I cannot promise that they can help with your own, though within ethical boundaries I will do my very best.