Date XXX

Dear XXX

It was a pleasure speaking with you.

Thank you for filling in the Boosted Program Intake form, which gave me a really good idea of what you wanted and where you want me to focus.

As a result, I am delighted to confirm your enrolment for the 1-1 session, as part of the Boosted Program with myself, (Your Name).

Sessions last between **an hour and an hour and fifteen minutes**, and will be customised based on your individual needs and we agreed a set of 3 sessions.

The first appointment is as follows:

Date & Time: XXX

Location: Zoom, link, password:

We decided to book the subsequent sessions on a weekly basis and the next 2 are as follows:

Date & Time:

Date & Time:

We will have a short checkpoint call after 3 sessions, and review what has changed for you, and what else you may need and how you may be supported.

You might need to take some time out for yourself after we finish our session. In addition, you might find that you need to drink more water, than normal on the day of our sessions. For our session, please have some water and tissues with you.

Here, are some points along with the disclaimer and informed consent in preparation for your session, [https://vitalitylivingcollege.info/one-to-one-eft-sessions/.](https://vitalitylivingcollege.info/one-to-one-eft-sessions/) On this link, you will also find a link to get a free booklet on emotional healing and EFT.

*Please read the* ***disclaimer*** *prior to attending the session, as attendance of the session means that you have understood this and are in alignment.*

Warm wishes,

Name

Designation