

Shannan Renee Unlimited, LLC
Shannan Carrozza, Life Coach/Spiritual Teacher
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Disclosure Statement

Thank you for engaging Shannan Renee Unlimited, LLC (“Company”) to provide the services of Shannan Carrozza (“The Coach”), either in person or via distance by telephone, Video Zoom, Skype, or another electronic platform. Please read the information carefully and let Shannan Carrozza know if there is any part you do not understand.

1. COACHING SERVICES OFFERED

In her coaching practice, Shannan Carrozza works with clients in a number of personal and professional areas and offers several innovative self-help, energy-based, and spiritual coaching methods, including but not limited to Emotional Freedom Techniques (EFT), Matrix Reimprinting, and Numerology (collectively the “Energy Methods”). You have the option of using or declining any of the Energy Methods as part of your work with Shannan Carrozza.

The Energy Methods are not intended to be substitutes for medical or psychological diagnosis and treatment and they do not replace the services of licensed health care professionals. You agree to consult with your health care provider for any specific health care problems .

In addition, you understand that any information shared during your session(s) is not to be considered a recommendation that you stop seeing any of your health care professionals or using prescribed medication, if any, without consulting with your health care professional, even if after a coaching session it appears and indicates that such medication or treatment is unnecessary.

2. ENERGY METHODS

Emotional Freedom Techniques (EFT)

EFT is considered an innovative energy-oriented healing and self-help technique based on the newly emerging field of energy psychology. EFT seeks to address imbalances within a person’s energy system, as well as the energetic influence of thoughts, beliefs, and emotions on the body. The prevailing premise of EFT is that the cause of all negative emotions is a disruption in the body’s energy system. It is believed that EFT helps clear these disruptions, thereby restoring the flow and balance of the body’s electromagnetic and more subtle energies. EFT uses the ancient Chinese meridian system with a gentle tapping procedure which stimulates designated meridian end points on the face and body while saying specific phrases and focusing on issues of emotional intensity in order to release the intensity and reframe the issues. In an EFT session, the client does the tapping on the client’s own body and the practitioner helps guide the session by instructing the client where to tap while saying specific phrases based on the issues that are being worked on. If you are having an in-person session and you are not able to “tap” for yourself, then Shannan Carrozza may need to “tap” for you. In such a rare event, she will ask for your permission prior to tapping on your body.

Matrix Reimprinting

Matrix Reimprinting is considered an extension of EFT; however, it differs from EFT since it’s based on the premise that the subtle energies are trapped in the energy field/matrix which surrounds each individual and not in the body-mind brain. The main premise behind Matrix Reimprinting is that when you have experienced a stressful or overwhelming life event, a fragmented part of yourself is frozen in that

moment and remains in your energy field. A Matrix Reimprinting session is designed to provide resources for what was needed in events that are still affecting your life. The memory is still there, but the resources around it can change, giving you a different outlook or perspective on that memory or stressful/overwhelming life event.

3. OUTCOME EXPECTATIONS/RISK & BENEFITS

While it's not possible to provide any guarantees regarding your goals, Shannan Carrozza will work with you to achieve the best possible results for you. Participation in coaching can result in a number of benefits to you, including improvement and/or resolution of specific concerns.

While the Energy Methods are considered gentle and non-invasive, it is possible in your sessions, or on your own between sessions, to experience some physical discomfort or emotional distress that can be perceived as negative. It's also possible to experience some emotional distress or physical discomfort related to overwhelming or stressful experiences you may have had earlier in your life. Unresolved memories may also surface and emotional material may continue to surface after a coaching session and give indication of other issues or incidents that may need to be addressed.

You agree to promptly inform Shannan Carrozza if you experience any emotional distress and/or physical discomfort during a session or between sessions. If appropriate, Shannan Carrozza can help refer you to an appropriate professional health care provider for further assistance.

In using the Energy Methods it's possible that previously vivid or traumatic memories may fade which is a positive outcome. However, they could adversely impact your ability to provide legal testimony that carries the same emotional impact as prior to applying the Energy Methods regarding a traumatic incident.

ACKNOWLEDGMENT AND CONSENT TO RECEIVE SERVICES

By signing this document, you agree that Shannan Carrozza has disclosed to you sufficient information to enable you to decide to engage or not engage her to provide her services. You have considered all of the above information and have obtained whatever information or professional advice you deem necessary to make an informed decision.

You have discussed with Shannan Carrozza the nature of the services to be provided and you understand that she is offering her services solely as a Personal & Spiritual Coach and your relationship with her is not to be construed as psychotherapy, psychological counseling, medical treatment, or any other type of therapy, nor is it a substitute for these services.

You understand that your consent to the nature of your coaching session(s) is given voluntarily, without coercion, and may be withdrawn at any time in the future.

You represent that you are competent and able to understand the nature and consequences of the proposed coaching session(s) and agree to be personally responsible for the fees related thereto.

You understand the Energy Methods are relatively new approaches and the extent of their effectiveness, as well as their risks and benefits are not fully known. Therefore, you agree to assume and accept full responsibility for any and all risks associated with them.

Further, you agree and understand the Agreement is intended to be a complete unconditional release of liability and assumption of risk to the greatest extent permitted by law.

Any and all matters in dispute between the parties to the Agreement, whether arising from or relating to the Agreement itself, or arising from alleged extra-contractual facts prior to, during, or subsequent to the Agreement, including, without limitation, fraud, misrepresentation, negligence or any other alleged tort or violation of the contract, shall be governed by, construed, and enforced in accordance with the laws of the State of Texas, without regard to conflicts of law doctrines and regardless of the legal theory upon which such matter is asserted. The Agreement shall be binding upon you and your heirs and legal representatives.

By signing in the space provided below, you and your heirs and legal representatives knowingly, voluntarily, and intelligently assume these risks and agree to forever fully release, indemnify, hold harmless and defend Shannan Renee Unlimited, LLC, its owners, members, employees, agents, representatives, consultants, volunteers, and others associated with Shannan Renee Unlimited, LLC from and against any and all claims or liability, of whatsoever kind or nature, which you, or your heirs and legal representatives, may have for any loss, damage, or injury, including without limitation, physical, emotional, mental, legal, financial, or personal, arising out of or in connection with your coaching sessions(s) and the use of the Energy Methods.

Client Name:

Date:

Signature:

If you are submitting the Disclosure Statement electronically, typing your name in the space provided will be considered your signature and constitute your acceptance and agreement of the Disclosure Statement. The Disclosure Statement becomes effective as of the date signed or submitted through electronic means.