



ENERGY WELLNESS NOW

WITH SUSAN SHANLEY

## Memo of Understanding

The service that I wish to offer to you is energy wellness/life coaching. Coaching sessions may be in person, by telephone, through email, or through a video conferencing platform such as Zoom.

I specialize in matters of the heart and spirit. As an energy wellness/life coach with an extensive and varied background in the helping professions, I will collaborate with you to create more joy, balance, and health in your life, as well as assist you to:

- Create clear direction in your work, school and personal life
- Be more focused, attentive and organized around your goals
- Gain tools to improve your self-confidence, self-esteem, and self-identity
- Develop skills to establish and maintain better personal, social, and work relationships
- Gain tools to improve your communication skills and cope with emotional stressors
- Enhance your conflict resolution skills and create strategies to cope with conflict
- Release repeating thinking and behavior patterns that limit your success in relationships and in life, and rebuild patterns that enhance your personal growth and happiness
- Take steps and learn techniques to empower yourself to be your best and highest self
- Encourage your spiritual and personal fulfillment and self-actualization
- Learn and apply simple holistic practices that have the potential to rebalance your overall energies, lower stress, and enhance your well-being by: (1) quieting your fight-flight-freeze response, (2) lowering anxiety, fear, anger, and other challenging emotions, and (3) tapping into your inner wisdom and bringing more joy into your life. These practices include, but are not limited to:
  - Eden Method exercises to balance body, mind, spirit, and energy
  - Deep relaxation exercises to calm the sympathetic nervous system
  - Meditation and mindfulness practices to deepen your connection to your inner self
  - Breathing techniques to activate the parasympathetic nervous system
  - Emotional Freedom Technique (EFT) to relieve stress and enhance goals

Coaching is not a medical, mental health or any other type of health service. It is not psychotherapy or mental health counseling. No diagnosis, treatment, or advice regarding any medical or mental health condition or illness will be offered. Coaching cannot substitute for and is not an alternative to medical or other healthcare diagnosis and treatment when a medical or mental health condition or illness is present. You are advised to seek diagnosis, treatment and advice regarding medical or mental health conditions or illnesses from physicians, psychologists, and other licensed healthcare and mental health professionals.

I hold a Master's degree in Social Work (M.S.W.) from the University at Albany, State University of New York, School of Social Welfare and a B.A. in Fine Arts from Dickinson College, Carlisle, PA. I am a Licensed Clinical Social Worker in the State of New York and in my professional practice specialize in a range of issues, including but not limited to anxiety, depression, panic, and grief. However, the services I wish to offer to you are not medical, psychiatric, psychological, psychotherapeutic or any type of healthcare or mental healthcare service. That I have a professional license does not mean that my coaching services are necessarily superior to the services of an unlicensed life coach. Health insurance companies do not reimburse for life coaching services. If you wish healthcare or mental health assessment, counseling or psychotherapy, I can provide you with referrals at your request.

Please sign below indicating that you understand the nature of the coaching services that I wish to offer you, and that you have had the opportunity to ask any questions you might have about them.

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Name (Print)

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Signature

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Date

**Susan V. Shanley, MSW**  
**Energy Wellness Now, LLC**

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