



Client Agreement

Life & Wellbeing Sessions

Practitioner: Sandhya Balaji

Client: _____

1. Nature of Our Work together

These sessions are designed to help you better understand yourself, gain clarity, explore emotions, recognise patterns, and move towards meaningful personal growth.

My approach integrates psychology, somatic healing, reflective conversations, and evidence-based wellbeing practices to support meaningful personal growth.

These sessions are not psychotherapy, counselling, psychiatric care, or medical treatment, and they are not a substitute for professional mental health care where appropriate.

2. Your Role

You remain responsible for your own choices, decisions, and actions before, during, and after our sessions.

My role is to support your thinking, facilitate reflection, and create a safe space for exploration — not to make decisions on your behalf.

3. Confidentiality

Practitioner respects the Client's privacy and maintains confidentiality in accordance with professional ethics with all information shared during the session.

Everything discussed remains confidential unless there is concern about immediate risk of harm to yourself or another person, or disclosure is required by law.

4. Session Terms

- Sessions begin and end at the scheduled time
 - If you need to reschedule, please provide at least 24 hours notice
 - Missed sessions or cancellations made with less than 24 hours notice are non-refundable
 - Each booking covers one scheduled session only. Any future sessions require a separate booking
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5. Limitation of Liability

The Client agrees that the Practitioner is not liable for any decisions, actions, or outcomes resulting from the session.

Any liability, where applicable, is limited to the amount paid for the booked session.

6. Governing Law

This Agreement is governed by the laws of India.

7. Acceptance

By booking or attending this session, you confirm that you have read, understood, and agreed to the terms of this agreement.

Client Name: _____

Signature: _____

Date: _____