

Coaching intake & agreement

Read pages 1-3. Complete and sign your intake online. Keep a copy for your records.

Your coaching relationship

Coaching is provided by The Yrenka Method, LLC, with Yrenka Lolli-Sunderlin. This agreement covers adult, individual, virtual life coaching. It does not enroll you in services through Sunderlin Behavioral Interventions or CareBridge Copilot.

What we will work on

Bring one focused situation involving health and wellness, career, dating, boundaries, decision-making, life transitions, or getting unstuck. Together, we will identify patterns, clarify what you want, and choose practical next steps. You decide what to discuss and which actions to take. You may decline an exercise or question.

Health and wellness coaching

Health and wellness coaching covers lifestyle habits, goal-setting, and accountability. It does not include diagnosis, medical treatment, prescribed nutrition or exercise plans, or guaranteed health outcomes. Please consult a licensed professional for medical concerns.

Scope and eligibility

Clients must be 18 or older. Coaching is educational and goal-focused. It is not psychotherapy, ABA treatment, diagnosis, crisis intervention, or medical care. Yrenka is acting as your coach in this service, not as your treating behavior analyst or mental health provider. Coaching does not replace care from an appropriately licensed professional. No particular personal, relationship, employment, or financial result is guaranteed.

Separate services and purchases

A subscription to The Yrenka Method digital or AI tools does not include private sessions unless the written offer expressly says so. Purchasing private coaching does not automatically include an app subscription. This packet does not authorize recurring charges.

How booking works

Choose an available time, review the policies and pay, then complete and sign this intake online on the website. You receive your confirmation and Google Meet link after payment and your signed intake are complete. Use the same email for checkout and booking. A calendar reservation by itself is not proof of payment.

Scheduling & payment

Clear expectations for your time and your purchase

Session format and availability

Sessions are 30 minutes by Google Meet, \$95 per session. Current availability is Tuesday and Thursday, 5-8 PM, and Saturday, 10 AM-1 PM, in Mountain Time (Boise, with seasonal clock changes). Your booking page shows your local time zone; check the confirmation carefully.

Appointments may be booked up to 30 days ahead, with at least 24 hours of notice. The schedule includes a 15-minute buffer between sessions and a maximum of four bookings per day. Availability may change; the live calendar controls which times can be selected.

Payment and packages

Payment is required before an appointment is confirmed. The checkout offer identifies the service, total price, and any applicable package terms. A prepaid package requires an unused session credit for each appointment. Package session count, session length, expiration, and unused-session refund terms must be disclosed before purchase. This packet does not establish those package terms.

Cancellation and rescheduling

At least 24 hours before the appointment: you may cancel or reschedule using the links in your booking confirmation. If a link does not work, email theyrenkamethod@gmail.com; the time your request is received determines whether it is timely.

Less than 24 hours before the appointment, or a no-show: the session is non-refundable. For a prepaid package, the appointment counts as one used session. A late rescheduling request is treated as a late cancellation. These terms do not limit refunds required by applicable law.

Late arrival and coach cancellations

If you arrive late, you may use the remaining scheduled time; the session still ends at its original end time. If Yrenka cancels or cannot provide the session, you may choose rescheduling without penalty or a refund for that undelivered session. A package credit is restored if you choose rescheduling.

Stopping coaching

Either party may end the coaching relationship. Tell us promptly so future bookings can be addressed. Cancellation rules apply to scheduled appointments; any unused-package balance is handled under the terms disclosed at purchase and applicable law.

Privacy & session procedures

A focused, respectful space for coaching

Prepare for your call

Join from a private, stationary location with a reliable internet connection, working microphone, and a device that supports Google Meet. Do not join while driving. Check your meeting link before the appointment. Individual sessions are for the named client; arrange any support person or accessibility need with us in advance.

If you cannot connect or the call drops, try the same meeting link and email us promptly. An interrupted session is not automatically classified as a no-show.

Communication between sessions

Use theyrenkamethod@gmail.com for scheduling, payment questions, accessibility requests, or concerns. Email and intake submissions are not continuously monitored. A session purchase does not include unlimited messaging or between-session coaching unless the offer states otherwise. This service is not an emergency resource. If you are in immediate danger or need urgent help, contact local emergency services or an appropriate crisis service.

Privacy and confidentiality

Intake answers, coaching discussions, and coaching notes are treated as private. Information may be handled by service providers needed to administer scheduling, payments, forms, and video meetings. Disclosure may occur with your authorization, when required by law, or to address a serious safety concern. Provide only information needed for coaching. Do not include Social Security numbers, payment-card details, medical records, passwords, or identifying information about other people. See the website Privacy Policy for data practices.

Recording, AI, and sharing

Neither participant may record or use an AI meeting bot or transcription tool without a separate, explicit agreement from both participants. Signing this packet does not authorize recording, AI processing of session content, testimonials, marketing emails, or sharing your story publicly.

Tell me what brings you here

Complete the fields below, or complete your intake online. Brief answers are welcome.

Full name and preferred name

Email used for checkout and booking

Phone number (optional: administrative contact only)

State/province, country, and time zone (no street address needed)

What situation would you like to work through? (include your focus area)

What outcome would make this session feel useful to you?

What have you already tried, and what happened? (optional)

Any communication preferences or accessibility needs? (optional)

Your acknowledgment

Read each statement, check the boxes, and sign below.

- ☐ I confirm that I am at least 18 years old and am seeking coaching voluntarily.
- ☐ I understand the coaching scope and that this service is not therapy, ABA treatment, diagnosis, medical care, or crisis care.
- ☐ I have read the payment, 24-hour cancellation/rescheduling, late-arrival, and no-show policies.
- ☐ I understand the privacy boundaries, limits of confidentiality, and that this agreement does not authorize recording or AI transcription.
- ☐ I understand that private coaching and digital/AI subscriptions are separate purchases unless my offer explicitly states otherwise.
- ☐ I have had the opportunity to ask questions. I understand that I choose my own actions and that results are not guaranteed.

Service purchased / order reference (filled from your purchase: no card or banking information)

Client signature (type your full name)

Date signed

By signing, I acknowledge and agree to this agreement (Version 2.0) for my coaching engagement with The Yrenka Method, LLC. My signature does not authorize additional purchases or recurring billing.

Submitting your intake: complete and sign your intake online at the website. You do not need to print, scan, or email a completed packet. This PDF is optional and provided for your records; please do not post a completed packet to a public webpage or shared public link.