

WELCOME

Welcome to REST and REMAIN. I am very excited for us to start get to know each other and work together!

Please review this Agreement, complete the intake Packet and email it back to me signed at least 24 hours prior to our first session together.

Do not hesitate to contact me if you have any further questions. I hope you are eager to begin and I look forward to our first session together!

Krista Kalinowski

KRISTA KALINOWSKI

Christian Mentoring and Discipleship

Rest & Remain

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Mentoring AGREEMENT

1 SERVICES

The service provided is referred to as Christian Mentoring and Discipleship ("CMD") and is not professional counselling. Nor should it be used to replace professional counselling, therapy, medical advice or involvement in other spiritual disciplines, including, but not limited to: attending church, actively reading and studying Scripture, prayer and worship.

This service is to be provided by the Mentor ("ME, I or MY") to the Mentee ("YOU or YOUR") by phone, video call or in person, as agreed jointly with the you.

Take note that CMD may address specific personal struggles (i.e. emotional, physical, mental, spiritual and/or relational) and you may be asked to reflect on difficult topics/situations that may result in emotional upset.

2 CMD INVOLVES

- Prayer
- Asking clarifying questions
- Shedding light on your values / goals
- Examining sinful habitual patterns
- Making suggestions and recommendations for action / change of behaviour
- Accountability
- Encouragement

3 CONFIDENTIALITY

Please know that I am committed to keeping everything you share with me confidential because it is an important part of our mentoring relationship. I will carefully protect the information you entrust with me and unless you have given me permission to release your personal information, it will remain in strict confidence. If you wish for me as your mentor to speak to someone outside of our interactions, you will need to give me written permission (original letter, email or text) to do so.

Exception to confidentiality of course relate to the following:

- If there is an expression of any intent of a person to take dangerous, harmful, or criminal action against themselves or another person;
- If there is evidence or reasonable suspicion of any act of neglect/abuse of a child, elderly person, or dependent adult
- If I receive a subpoena / court order stating that I need to disclose information
- If an individual refuses to renounce a specific habitual sin which goes against the Word of God and it comes to a point where it is necessary to either: end the mentoring relationship / members from the church or family are brought in to encourage repentance, restoration and reconciliation (Matthew 18:15-16)

Please note that I will disclose with you first if I believe any or all the above course of action(s) need to be taken at any point. I will do my very best to help you resolve a problem as privately as possible.

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4 DATA SECURITY

It is also important to note that in some situations, it is important to be aware of the use of technology in that for some people, there is a risk in using certain media such as the internet, mobile phones or cordless phones. If you use these to communicate with me, then I will assume that it is appropriate to continue to do so in my interactions with you.

5 RELEASE OF LIABILITY

CMD is a service that provides personal mentoring to specific individuals and/or groups. The mentee is aware that mentoring is in no way to be construed or substituted as psychological counselling or any other type of therapy or medical advice. I will at all times exercise my best professional efforts, skills and care of ensuring my mentee is mentored to meet their goals. The mentee understands and acknowledges the mentor will not be liable legally or otherwise, for the actions the mentee may or may not undertake as a result of the mentoring sessions. No assumption of responsibility is made, or given, and the mentee requesting such advice agrees not to hold Rest and Remain responsible or liable in any form or fashion, for such actions taken by their own accord. The method and process by which this advice and direction are given in no manner whatsoever, written or verbal, constitutes an agreement or liability on the part of the provider and is acknowledged to be different in many ways than clinical and medical counselling.

You agree that using any of this mentoring service is entirely at your own risk. CMD services are provided "as is", without warranty of any kind, either expressed or implied, including without limitation any warranty for information services, mentoring, uninterrupted access, or products and services provided through or in connection with the service. This service is requested at the mentee's own choice and with inherent singular responsibility. Any actions or lack of actions, taken by the mentee of such advice is done so solely by choice and responsibility of the mentee and is neither the responsibility nor liability of Rest and Remain.

You also take full responsibility in the decisions you make after being mentored as well as the consequences. You enter into mentoring with full understanding that you are responsible for your own results. Periodically I, Krista Kalinowski, may provide links to other websites, written print material, and podcasts which may be of value, interest and convenience to you. This does not constitute endorsement of material at those sites or any associated organization product of service. It is your responsibility to make your own informed decision about the accuracy of the information at those sites and print material including their privacy policies. In no event shall Rest and Remain be liable for any incident or consequential damages resulting from use of the material.

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6 MENTOR'S RESPONSIBILITY

My role is to work with you as you choose to work with me. I am a follower of Jesus Christ, seeking the Lord's guidance in order to help you in whatever ways He leads and trusting His direction in the process. Through our spiritual working relationship, I will engage in direct and personal conversations with you in order to guide you to a better understanding of yourself in light of the cross.

Any recommendations or suggestions I give, are based on Christian Biblical principles and perspective. The source of all my information comes from Scripture, as well as other non-traditional health and wellness resources. Please know that I respect that we will not meet eye to eye on everything and that we may have differing values / beliefs but that will not change how I interact with you or my desire to walk with you through your hardships.

7 MENTEE'S RESPONSIBILITY

Your role is to work with me as you choose, accepting the responsibility to enact or implement the changes that you desire. You understand that successful mentoring requires a joint effort between you and I, and as your Mentor I will be actively coming before the Lord and seeking direction from the Holy Spirit (and I pray that you will do the same). If at any time you believe the mentoring is not working the way you want, please communicate this with me so that I can restructure the mentoring strategy to address what works best for you and aim toward your desired outcome.

You agree to disclose details of the past or present psychological or psychiatric treatment. Mentoring and counselling are not the same. Likewise, therapy and other modes of professional or medical psychological examination shall not be considered equivalent to mentoring. I am not a registered psychologist or psychiatrist, nor a licensed therapist. I do not engage in therapy with my mentoring clients. In entering into the mentoring relationship, and signing this agreement, you are agreeing that if any other mental health difficulties arise outside of the scope of what we are addressing during the course of the mentoring relationship, you will notify me immediately so that I can discuss with you an appropriate referral.

Please know that I am always here to talk with more, if you have any questions, concerns or need to gain a better understanding of what CMD is and how to get the most out of it.

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8 MENTORING FEES

1 on 1 Mentoring Cost:

Initial Intake Session: \$105.00 CAD (60-75 minutes)

Continuing Sessions: \$55.00 CAD (30-45 minutes)

These are weekly or biweekly and includes availability through text or email between sessions.

Payment for each session is due 24 hours prior to session.

If you are late for your appointment, we will finish out the allotted time, but there will be no payment compensation for missed time.

9 CANCELLATION POLICY

Please provide at least **24 hours** notice to reschedule your session. I understand sometimes you get sick and that is not possible, but please do your best. If you've already paid for this session that payment will carry over to your following session.

10 DISCLAIMER

A. I will not advocate for therapies outside of Scripture. I believe our healing and restoration are found within the Words of God and through the hands of God.

B. I am guiding you in the right direction by asking you questions, and providing you with other materials and resources, but I will also be real with you. I truly don't believe we can help one another if we aren't honest with one another; which means I will open up to you too and express how God has moved in my life. We are the body of Christ, we are sisters and we don't walk alone.

C. I keep my costs low because I don't believe this type of service should be out of reach for people. I know what it's like to live on a budget, but still need help without being able to afford it.

Your signature on this agreement indicates that you waive all rights to sue or file a charge against me, Krista Kalinowski through Rest and Remain AND that you have a full understanding of the agreement with the information outlined above.

First and Last Name

Signed:

Date:

Code of ETHICS

As your mentor, I agree to:

- Maintain a professional relationship with you at all times.
- Always keep your interests above those of my own.
- Maintain, guard and guarantee your confidentiality.
- Develop a lasting relationship built on a foundation of honesty, integrity and respect with every person I serve.
- Commit every person I serve to the Lord, asking Him to move in their lives and produce lasting change.
- To encourage you to believe in yourself, but mostly in God's ability to work in and through your life, to set realistic goals, to take appropriate actions and celebrate success.
- Provide you with a safe and nurturing mentoring experience, which will allow you to be yourself without fear of judgment, criticism or failure.
- Remain committed to professional excellence in all that I do and all I provide.
- Encourage you to draw near to God and quiet yourself in his presence.
- To help you understand the difference between desire and your ultimate purpose.
- Help you lean into and understand your true, eternally secure identity in Christ.
- Encourage you to be open and honest with yourself and God. To take the time to evaluate your thinking, assumptions and core beliefs.
- Ensure that everything I teach is based on the foundation of biblical truth. Lasting break through can only be accomplished through the power of the Holy Spirit.

