



*“Stacy listens with an ear to the unsaid. Her wisdom is ageless.”
-Hildie*

“I’ve never felt so empowered. Stacy has helped me to honestly accept myself and find my life path. I can now say I’m calmer and excited to wake up every morning.” - Gina

“It’s clear that Stacy genuinely cares about her clients and deeply gets to know them. I’d recommend her to anyone wanting to banish demons, make real changes, move

out of difficult situations and live life to the fullest.” -Karen

“Stacy walks beside me on my journey of embracing my authentic self while also grabbing my hand and pulling me forward if I need it. She also knows when to lovingly kick me in the ass and will let me forge forward when I’m feeling bold. More importantly than her being a fantastic counselor and coach, she is a real friend who tells it like it is without judgment attached.” -Amy

Ready to break through the: *self doubt, confusion, desperation, insecurity, guilt, “I can’t,” & resentment: To know yourself in:* *authentic, deliberate decisions, clarity, potency, heart felt self acceptance, pleasure, “I will,” boundaries with love?*

If you want to hear the sound of your own voice without all the noise, a feeling of genuine connectedness to yourself and others, and to be pulled forward by the guidance of your own intuition, show up and get real with me.

While we’re creating all that, don’t be surprised if every one of your relationships change, you score your dream job, your connections get uncomfortably deep in the truest sense of intimacy terms, and you morph into a super sexy, bad-ass warrior version of yourself, in *every way*.

It won’t necessarily “be” easy, but if you’re truly in it with me, everything will “come” easy.

You may've come to me because you read Imperfectly Sane so I won't dose you with my story here but what you should know is, I went to college for ten years, life coaching school for a year, received reiki, chakra dance, chakra psychology, and a plethora of other certifications, self healed from ridiculous amounts of things across mind, soul, and most shockingly, body, by practicing what I've picked up and I'm gonna shoot it to you straight in our work together. No bull shit.

Promise.

My intention is to put down what I've picked up that's healed me and hundreds of people I've worked with, in a fraction of the time, with a fraction of what it's cost me to gain it.

What I've gained from the work I preach and the vibrational life shifts I intend to plant seeds for in your mind, is a value that can never be bought but always, understood once you gain it.

If you're feeling this, let's get to it...

What you get when you work with me (besides my loyalty, faith, and absolute best and most trusted techniques to guide you into the life you want to live):

(Disclaimer: I know the feeling of deeply, soul crushingly wanting to work with someone who I believed was sent to heal me but I couldn't afford. It's quite a defeating feeling but please don't fall all the way into it. At least not right here, and not now. If this price range isn't for you, please know as a mom of four with a gazillion student loans, a mortgage, pets, and all else that comes with adulting, those who can and do afford this work are supporting me in supporting you via other outlets such as youtube and my published pieces. If it's not feasible to have my personal time, energy and focus, please utilize what you can of my content. I want to serve you and those who can afford my services, afford me in my intention of doing just that while also raising a family with authenticity and balance.)

	Coaching Contact	One to One weekly 55 minute phone session	Personal email correspondence for clarity and questions	Investment <i>(There's a 15%, 10% & 5% discount per package depending on length)</i>	An "X" indicates package selection
Package 3	26 weeks	26	1 per month = 6	\$5,529	
Package 2	12 weeks	12	1 per month = 3	\$2,699	
Package 1	4 weeks	4	1 per month = 1	\$949	
Individual session basis (no package)	1 session	1	N/A	\$250	

If you're interested in a payment plan, I'm open to creating one unique to you, just let me know what's easiest for you. I no longer do *extended payment plans* beyond our time working together but we can work something out where with a contract, not all has to be paid up front but can be distributed over our time together.

You can expect me to: Be a partner in bringing out the best, the deepest, and the truest in you. Provide safety, encouragement and support; an environment in which you can relax and safely explore. Respect the confidentiality of the agreements we make. Expand your view of what is possible and promote discovery of new insights. Give you input, straight feedback, and operate as a sounding board. Listen carefully to what you say and ask questions that increase awareness. Be an on-going resource for you in accomplishing your intentions.

I expect you, as a client will: Cultivate a core honesty within yourself. Commit yourself to intentions that are truly meaningful and significant to you. Be open to my feedback and keep me honestly informed as to what is and what isn't working for you. Take ownership for your progress and your accomplishments. Respect and follow through with the boundaries of this contract including financial responsibility and time.

If you're game, sign on sweets! Let's create!

Initials: _____

Insurance Questions & Coverage:

Though I'm a psychotherapist by training, I'm not licensed on an insurance panel which means I'm not bound to their stipulations on time, policies and diagnostics. By deliberate choice. With incredible insurance you can request an invoice for submission and at best you will get reimbursed for an out-of-network provider. It is contingent upon your insurance and typically unlikely that you will qualify for reimbursement at all. Therefore, I don't bill insurance. If you choose to, simply request an invoice knowing there is no guarantee you will be reimbursed.

Initials: _____

Cancellations:

In the event of a missed appointment a 24 hour notice is required. If you are unable to make a scheduled session if you don't give a 24 hour notice, that time will not be rolled over into the next week. That means we will miss a week of super important work and you will be financially responsible for the time. That would suck. If a 24 hour notice is given, we will create a time within that same week for a session so you can still be served.

If we have a steady weekly time and day for our sessions and I cannot be available for any reason, I'll do my best to let you know at least 5 days in advance in attempts to reschedule for that week. True emergencies are an exception on both ends, obviously.

While working together:

Please don't text me. Even if I absolutely love you, this is my business and it can be quite distracting and overwhelming to have ten people pulling in ten directions at once while

I'm trying to eat dinner with my family. Even if it's a friendly reach out; please do it via email so I can meet back up with you when I'm ready to be present to work.

Continuing to work together:

If your package is about to be fulfilled and you'd like to extend our work together, please let me know **two weeks** before the date of our arranged completion so I can save a space for you. I very intentionally see a select number of clients at a time so I want to be sure you are given priority.

Initials: _____

Payments:

All payments must be made prior to our agreed upon sessions and/or on the agreed upon dates for monthly installments per our payment plan. Please Venmo me at the Venmo handle @stacy-hoch. If you don't have Venmo it's incredibly easy, fast, free and trustworthy.

Second option for payment is using PayPal by hitting the "Abundance Exchange" tab on the top right of my website www.stacyhoch.com but this option isn't my favorite because it will come with a 3% upcharge because that's what they take, so if you choose it, please consider adding 3% of your package price so we can pay to use paypal. ;)

Signature: _____

How it works:

My practice has transitioned into a **phone practice** which means I no longer have an office outside of my home to invite in person clients in, and for various reasons, I no longer do video sessions unless its prearranged with an agenda in mind to "show" a client something I want to teach that must be "seen" somehow to be understood: which is very rare. At the time of our scheduled appointment, you will call me and from there we'll dig in for an hour together of undigging you from your perceived grave.

Thank you for considering me with your trust, support, and resonance.

It is an honor to get real with you, in business and in life. Your referrals mean the world to me and could transform the lives of those you love, changing the world one vibe at a

time. Please keep me in mind to share with those you know could benefit from some serious soul service.

Before filling out the intake form below, if you were a color, in essence, what color do you feel like? _____

This contract is between Stacy Hoch, MA, CLC and _____ to begin services on _____.

Client Information

First Name _____

Last Name _____

Nickname (if applicable) _____

Address _____

Contact Details Home Phone _____ Work Phone

_____ Cell Number _____

Email(s) _____

How may I contact you?

Employment Information

Occupation _____

Employer _____

Personal Information

Birth date _____ Marital Status _____ No. of Children _____ Spouse's Name _____

Important Dates in your Life _____

Names and Ages of Children _____

Expectations What do you expect to get out of these coaching sessions?

Tell me something about yourself that you think I should know to coach you better?

Briefly share your overall internal and external goals.

Where do you see yourself in...

1 Year:

5 Years:

10 Years:
