



Inner Me Energetics Coaching Agreement

Thank you for choosing to work with me for either 3 or 6 sessions. The fact you have chosen to commit to these sessions now means you are at the point where you know reparenting your inner child and parts work is about to transform your life.

This work won't be easy however I will be with you each step of the way and help and support you where I can. How well you do though is down to you and only you. I have many tools that I can share with you and would strongly encourage you to work with your inner child outside of these sessions.

What to Expect in Our Session

All sessions will be held on zoom with the session being recorded (unless otherwise agreed) and a zoom AI notetaker used that will create a summary of our session. I can send you copies of the summaries if requested.

During each session we will have a brief recap so that I know where you are and then we will agree on an action plan around what you would like to work on together with an outcome in mind.

At the end of each session I will ensure that you are happy with what we have discussed and that you have an idea of what you will need to look at/ work on before we meet again and any agreed homework.

How to Schedule Sessions

Please use this link to book additional sessions remaining from your coaching plan.
<https://calendly.com/kel-innermeenergetics/client-coaching-session-hidden-link-90-mins>

All session times shown are in your timezone. If you can't see a time that works for you then please contact me and I will see what I can offer as an alternative.

I offer a flexible approach to working with your Inner Child so please book sessions as and when you feel the need. From my own personal experience, I know sometimes having a set date and time can often be too much for your inner child to deal with.

Rescheduling of a Session

Where possible a 48-hour window will need to be given in advance should you not be able to make a session. In all cases, please reach out to me to discuss options or if you are having a hard time and need a break or to postpone.

You can also reschedule a session using the calendly confirmation email you would have received upon booking.

Contact Between Sessions

I do offer the option of additional support through WhatsApp so that you can speak with me in between sessions (within reason). These are offered on a monthly basis and at an additional cost of £90 GBP. Please contact me if you would like to take up this offer of additional support.

Community Support

I also have a free Skool community that you are welcome to join where there are many like minded people doing the real healing work just like you are. The link to join is [here](#)

Confidentiality

I will ensure that any information that is discussed in a session is kept strictly confidential unless in a rare circumstance there is a safety concern however this would be discussed with you in advance.

I also promise to not divulge any information or let any third party know that we are working together without your express permission.

Any copies of notes are kept securely on file that only I Kel Caffekey have access to.

Cancellation

Should you wish for any reason to terminate this agreement after the initial 14 day cooling off period. I reserve the right to retain partial payment of your package including/if you have already had a session which will be charged at my normal rate.

Should you wish to cancel this agreement and have sessions remaining that you have paid for then no refunds will be issued. If you do have financial constraints or wish to talk about any issues you are having then please reach out to me.

If you would like to continue working with me after these sessions have been completed then there are no guarantees that the cost will be the same as what you paid for this package.

Disclaimer

Coaching and working with me is not counselling, psychotherapy, psychoanalysis or any other form of mental health care treatment or therapy. Whilst I abide by a code of conduct and ethics and I am a registered practitioner with the complementary medical association choosing to work with me is your sole responsibility.

Please check with a doctor or registered mental health professional before choosing to work with me around reparenting your inner child should you feel this is necessary.

Agreement

By signing this agreement you are confirming that you have read the points listed above and that you are happy to work with me Kel Caffeky for the agreed number of sessions within the outlined period.

Name:

Date:

Signed:

Last updated - 20th april 2026