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**I like to check in with my clients to support them between sessions by sending supplemental material such as inspirational quotes, links to helpful videos, follow-up questions, etc.**

**Replying to text messages is equally important. A one-sentence answer, even a**

**one-word/emoji answer shows that you appreciate the support. Responding puts the brain in a positive and actionable mindset for increased performance and results.**

**I also invite my clients to reach out as necessary during business hours.**

**Text Support works!**

**Check the boxes to confirm your agreement in using this complimentary service and sign:**

* **I understand what Text Support is and am open to receiving Lori Beard’s text messages during the week/ between sessions.**
* **I know I can reach out to Lori Beard as necessary and applicable during the stated hours above for additional support between sessions.**
* **I authorize Lori to contact my child, who is a minor, for text support as previously described.**

**Minor Client Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Minor Client Phone #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent / Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**