

## NEW CLIENT GUIDE



**ONLY INNOCENCE™**

PRESENCE \* PURPOSE  
\* POWER

# ONLY INNOCENCE™

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Holistic Lifestyle & Well-Being Consulting

# NEW CLIENT GUIDE



A note from the author:

This text was written as a guide to the most frequently asked questions and concerns that we receive. I have also included facts about my services and general expectations.

Thank you for your time and attention. This guide was meant to serve as a navigational tool for my consulting programs.

I can't wait to meet you and share this powerful work with you!

Feel free to be and express your true self in a safe, non judgmental, respectful and welcoming space.

Love,

Innocence

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# ONLY INNOCENCE™...SHE'S ABOUT THAT GOOD LIFE!

Innocence Smith is a Certified Holistic Sexologist and Mind-Body Medicine Specialist. She is the owner of Only Innocence™ Holistic Lifestyle & Well-Being Consulting in Conyers, GA.

Only Innocence™ programs are open to women of all identities struggling with disconnection issues who are ready to become their most dynamic, powerful and happiest selves. Innocence's complimentary alternative medicine treatments and holistic consulting services are founded on the integrative principles of Mind-Body-Medicine, Psychosynthesis, and Indigenous Healing.

Innocence trains other women to embrace their feminine presence, power and purpose in their personal and professional lives. Her professional goal is to offer safe, supportive, nurturing, and creative space women to accelerate their journey of self-discovery, self-appreciation,

and self-care. Innocence facilitates integrative journeys of self-empowerment for women so that they can live a consciously abundant and intentionally mindful life.

## **Mission Statement:**

To help women dissolve barriers (this could be anything from negative self body-image to relationship dynamics and foster better communication skills). To encourage identification of energetic blocks and impediments that will help women connect with their individual feminine essence. To help these women embrace the infinite power of their personal presence.



## WELL-BEING, WELL DONE

### CONSULTING:

- Consulting has a "*come as you are*" approach - Innocence works with you as you are in the present.
- Consulting is problem & solution focused.
- Consulting is more aggressive than therapy - Your consultant takes a more active role.
- Consulting is short-term and usually only lasts for **3-12** months.
- Consulting does not diagnose or pathologize individual behavior.

## F.A.Q.'s

- **Only Innocence™** average consultation fees are **\$125** per hour.
- **Only Innocence™** service fees are not covered by insurance. Innocence Smith is a Private Pay Practitioner.
- Payments for online sessions must be paid **24** hours before meeting online.
- Innocence Smith provides reduced rates to Veterans, active military, police, and students (proof of Valid I.D. required before scheduling).
- Many client's issues and concerns can be resolved in a few sessions but this is ultimately up to the individual client and their unique treatment goals and desires.
- A minimum **24**-hour advanced notice is required for all cancellations; failure to do so will ensure a missed appointment fee.
- Client treatment goals determine how many times you will meet with your consultant. For the most effective experience, Innocence recommends weekly sessions.
- All new clients must be prepared to commit to a **3** session minimum.

- The FREE 15-minute intake session is NOT a consultation session.
- Same day sessions are typically not available as the intake process takes time and Innocence requires sufficient time to prepare for each client session long before meeting.
- Holistic lifestyle consulting provide many elements that may seem similar to psychotherapy or coaching, but consulting is NOT psychotherapy, nor is consulting coaching.
- If Innocence identifies any situations that require intensive therapy and to make appropriate referrals.
- Subsequent sessions may include a discussion of your experience with your home assignments and addressing questions.
- Your progress and barriers that may have arisen will be discussed and we may conclude by assigning you more exercises to do at home.
- Typical private sessions with Innocence are **50-60** minutes in length. In the beginning of each session, Innocence will check in with you to help clarify what your intentions are for your session. Once that has been established, there are many directions in which we might flow.
- After your initial **90**-minute discovery session, typical sessions will last somewhere between **45** and **55** minutes and move at an organic pace. Creating or transforming patterns in takes time, especially when we are letting go of patterns of being that may be years or decades old.

### **What to Expect During a Private Consultation Session?**

- After your initial concerns or issues have been discussed, Innocence will arrange your appointment time over the phone or Email.
- A typical first visit includes an assessment of the presenting problem or concern and an overall relevant history. Therapeutic home assignments may be given at the conclusion of the initial session.

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It is vital to remember that consulting is similar to therapy and psychological counseling which means that it will not magically fix any issues or psychological disturbances, but it can help with problems that are primarily mental, spiritual, organic or emotional in nature.

### **Complimentary 15-Minute Sessions**

This complimentary session is intended to provide an opportunity for the consultant to 'get to know the you and your personal situation. This is a brief intake session and NOT a consulting session.

This FREE meeting gives the consultant a brief opportunity to evaluate the fit between the potential client and the consultant or to give you as a potential client a referral to another professional in your area before committing to the full therapeutic process.



## MASTERY TRAINING



# FEMALE VIP & MASTERY PROGRAMS

### HOW CAN FEMININE LEADERSHIP MASTERY TRAINING HELP ME?

- Experience comprehensive personal growth & leadership training
- Uncover your shadows
- Increase your magnetic presence
- Ignite polarity & attraction in relationships
- Learn to master relationships (personal & professional)
- Learn to own your personal value

Our **VIP Only** access service programs are 1-year phenomenological programs for women of all ages and backgrounds.

Learn to tune in to your feminine essence with presence, purpose, and self-love engaging practices to strengthen your power and self-esteem. These practices will help you to mindfully engage and receive the energy of infinite abundance more fully and intentionally.

Our **90-day VIP Infinite Growth Challenge™** can help you begin to live the life that you have only dreamed of until now!

- Ignite your natural spark and allow the sweet elixir of your inner essence to flow.
- This holistic approach is designed to challenge you and make you a joyful leader in your personal and professional life.
- Develop your personal leadership skills
- Receive personalized & candid ongoing consulting
- Facilitate an optimal growth environment

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- Accountability & support - you will receive personalized bi-weekly motivational consultation until you complete it

### **Integrative Journeys of Abundance**

Give yourself an infinite gift of abundance & well-being!

**Only Innocence™** offers integrative journeys of introspection and embodied knowledge helping holistic entrepreneurs, just like YOU, walk their talk of living a more abundant, consciously co-creative and intentionally mindful life.

- Experience the flow of infinite abundance
- Increase your level of comfort and pleasure with dynamic energy exchanges
- Learn to ask for what you do and don't want - Gain deeper clarity on what you like and want (along with what you don't want) from encounters, and why

### **VIP ONLY ACCESS PROGRAMS**

**VIP Only™ Access Programs** were designed for those who are serious about taking their personal and professional life to the ultimate level! Conquer your fears and move on to life in a bigger way.

#### **Mystique Virtual Feminine Sex Appeal Course**

A 5-week virtual course. Through participation in discussion and experiential exercises you'll leave with more awareness of your own sensations, what they are telling you and how it feels to ask for what you want (and get it).

- Develop the embodiment skills that support a deeper connection to your sexuality
- Cultivate clear, flexible and healthy boundaries - Recognize what happens in your body energetically and physiologically when you get close to others and learn how to set boundaries, stay present and embodied



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## A Conscious Journey

- An initial **50** minute introductory and foundation setting session during which you'll get clear on how you want to move forward working together.
- We will initiate into a **12**-week journey meeting every **2** weeks for **6** sessions online. You'll receive integration work and we have email check-in's during the **12**-week course.

You'll be provided with additional support materials to sustain and deepen your journey.

- Dissolve your pain body - moving through painful memory
- Learn to tune into your optimal potential
- Learn to hear & respect your consciousness
- Learn to celebrate your self with sincerity
- Develop your ability to enjoy your own feminine essence

## FEMININE PRESENCE



### THE BODY OF WORK

- There are 44 unique practices. In each class you will explore and embody one of these. In a 1-day or weekend intensive there will be time to explore and embody a lot more.
- The Art of Feminine Presence™ helps us redefine what it is to be an empowered feminine woman. The classes/intensives consist of 3 main components.
- The Art of Feminine Presence™ teachings are universal and can be enjoyed and practiced by anyone regardless of faith or non-faith.

# ART of FEMININE PRESENCE™

The Art Of Feminine Presence™ is a series of energy exercises that will strengthen your core and ground your energy.

The Art of Feminine Presence™ weekly classes and intensives help women:

- Develop a physical and energetic presence that attracts the attention you want: personally and professionally
  - Feel more comfortable with your sensuality and feel more safe and at ease with receiving attention
  - Access the most attractive force you have within you – your feminine essence
  - Learn a powerful moving meditation that easily accesses profound states of peace and joy, even on the toughest of days.
  - Experience more passion in your life – particularly your love life
  - Learn to follow your body's wisdom and “higher guidance” rather than always pushing to make things happen.

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- Look and feel more confident, healthy, and radiant when you walk into a room

- Tap into an endless source of creative power

### **The Art of Feminine Presence™ Programs Presented by Innocence Smith, M.S.**

*All of these dynamic programs are 6-week series except the Introduction Class.*

**Art Of Feminine Presence™ Intro Class** – An introduction to the 44 Art of Feminine Presence Practices that will give you a general sample of the Half-Day, Full-day and Weekend Intensive Workshops. Please be sure to wear comfortable clothing, and preferably something that makes you feel pretty and feminine - nothing that is tight or binding (such as jeans) for any of these programs.

**Half-Day Art of Feminine Presence™ Workshops** - The half-day workshop is for women who are committed to their personal growth and want to increase their feminine energy and personal presence.

**Full Day Art of Feminine Presence™ Workshops** - This workshop will start you on the journey to the Art of Feminine Presence™ practices and help you to learn how to connect to and stay more present in your Powerful Feminine Essence. You will be taught the special Feminine Presence Meditation that is only included in full-day events or 6 weekly class events.

**Weekend Art of Feminine Presence™ Intensive** - Come and join us for a fun and enlightening 2-day intensive retreat style program. Learn some amazing practices for connecting you with your power source and heal the divide between your masculine and feminine. Experience the powerful Sacred Union Integration Process and have fun with other like-minded women.

**The Art of Feminine Presence™ VIP Consulting Sessions** - VIP sessions offer the space to go deeper and give more time to specific blocks/patterns/thoughts you may want to explore and change.