

The purpose of this Informed Consent Form is to set the parameters and guidelines for Mental Performance Consulting provided by Kizo Performance. This agreement is made between Zoran Stojkovic, hereafter “Consultant,” and you, hereafter “Client”. Please read it carefully and ask any questions you may have. When you agree to this document, it will represent an agreement between us. Keep a copy for your own records.

MENTAL PERFORMANCE SERVICES

The scope of the consultant's mental performance practice has four pillars:

- Optimize performance enhancement (mental skills training, enhancing self-awareness, distraction management, performance on demand)
- Manage performance dysfunction (stress management, coping with competitive anxiety, low confidence, conflict)
- Address performance impairment (injury management, mental health, personal or relationship counselling, critical incidents)
- Facilitate performance transition (within-career transitions, end-of career transitions, link with athlete management systems).

PRICING & SCHEDULING

- Our sessions will be 45 or 75 minutes in duration and will come from a Mental Performance Program.
- **Cancellation Policy:** Provide at least a full 24 hours’ notice for cancellations or rescheduling. Less than required notice – your account will be charged for missed appointments unless the spot ends up being booked by another client. Cancellations are made by text/email or directly through the Calendly link.
- You may contact the consultant Mondays to Fridays 10 am to 4 pm, unless urgent.

COMMUNICATION & TECHNOLOGY

- Mental performance sessions may be delivered in-person or online through Zoom or Google Meet. Both programs are HIPPA compliant and secure settings will be used to protect the client's safety.
- Consultant notes will be password-protected and stored in Evernote (uses AES with a 128 bit key).
- After every session, the consultant will email the client a brief written summary of the conversation.
- Some sessions will be recorded to make sure the consultant is providing a high quality service to the client. Recordings will be saved on a secure computer hard drive.

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CONFIDENTIALITY

Mental performance services are confidential, meaning that information about you is not provided to third parties without your consent. See the [Canadian Sport Psychology Association Code of Ethics](#) for more information. You have the right to withdraw from the mental performance coaching process at any time after your monthly program has ended. This confidentiality may be limited in very specific circumstances:

- If a child or dependent adult needs protective services.
- If your life or someone else's life is at imminent risk of serious harm.
- If you are a minor or dependent adult, your guardian has the right to impose a limit on your right to confidentiality.
- If your file is subpoenaed in a court of law.
- If we are meeting in a place where others may overhear the conversation.
- As I have regular meetings with my mentors, professors and colleagues, your case might be reviewed, and your anonymity will be preserved.

If the client is under 18 years of age, the law may provide the parents/guardians the right to examine client records. It is the consultant's policy to ask for agreement from parents to respect the client's privacy. To preserve confidentiality, the consultant will provide the client's parents/guardians only with general information about the work with the consultant and client will likely be present if/when any information is disclosed to the parents, unless the consultant feels there are specific circumstances when there is an imminent risk (e.g. the client will harm themselves or someone else, or if the client knows of a child who needs protective services). Before providing the client's parents/guardians with any information, the consultant will discuss the matter with the client and if possible, do his best to preserve the client's confidentiality and rights.

CONSENT TO SERVICES

Once the client has read and understands this agreement, he/she may choose to accept and agree to all its terms and conditions.

[Click here to be taken to a website to sign the consent form](#)

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