

HÆLEN

A PRIVATE GUIDE

What to Expect From Your First Consultation

Prepared for those considering a private, confidential consultation with
Lori Jasinski — life & sobriety coaching for individuals who need
discretion as much as guidance.

HÆLEN CONSULTING · LOS ANGELES · MALIBU · BEVERLY HILLS

A Note From Lori

“Reaching out is usually the hardest part. If you’re reading this, you’ve likely already done the quieter, harder work of admitting — even just to yourself — that something needs to change. This guide walks through exactly what happens next: before, during, and after our first conversation. No surprises, no assumptions, and nothing you have to figure out alone.”

Lori Jasinski

FOUNDER, HÆLEN CONSULTING

This first conversation isn’t an evaluation and it isn’t a sales call. It’s a private, unhurried conversation to understand where you are, answer your questions honestly, and figure out — together — whether working together makes sense. There is no obligation, and no pressure, at any point in this process.

STEP ONE

Before Your Consultation

Getting started takes less preparation than most people expect. There's no intake packet to fill out and no history to document before we speak.

WHAT WE ASK FOR UP FRONT

- Your name and preferred way to be reached — email, phone, or text.
- A general city or area, mainly so we can be mindful of time zones.
- A few sentences on what's bringing you here right now — kept general, in your own words.
- Your general availability for a private call.

WHAT WE DON'T ASK FOR

Medical history, clinical diagnoses, treatment records, or any sensitive health information. That level of detail, if it's ever relevant, is discussed only once we're speaking directly and privately — never typed into a form.

Every submission goes straight to Lori's private inbox. Nothing is shared, sold, or reviewed by anyone outside her practice.

STEP TWO

During the Consultation

The first consultation is a private, roughly 30-minute conversation — by phone or video, whichever you're more comfortable with. It's unhurried and listens first.

WHAT WE'LL ACTUALLY TALK THROUGH

- What's going on in your life right now, in as much or as little detail as you're ready to share.
- What working together could realistically look like — cadence, structure, and focus.
- Honest answers to any questions you have about Lori's background, approach, or fees.
- Which engagement tier, if any, fits where you are right now.

WHAT'S NOT REQUIRED

You don't need a polished summary of your situation, a full history, or clinical language. You don't need to have decided anything before we talk. This conversation is not psychotherapy, psychiatric treatment, or a medical evaluation of any kind — it's the start of a coaching relationship, built on the same discretion HIPAA-regulated environments require, without the paperwork.

STEP THREE

After the Consultation

You leave the call with clarity, not a contract. If it feels right to move forward, here's roughly what follows — and if it doesn't, that's a completely fine outcome too.

Foundation	Steady, structured accountability for those building or protecting daily momentum.
Guided	A closer working cadence for more complex seasons — business, family, and personal all at once.
Premium	The highest level of access and discretion, built for high-visibility and UHNW clients.

Exact scope, cadence, and fees are always agreed upon individually — nothing is templated or one-size-fits-all. Once terms are set, we schedule your first working session and begin.

A Note on Confidentiality

Discretion isn't a policy here — it's a habit built over twenty years inside HIPAA-regulated behavioral-health environments, working with clients whose privacy is genuinely non-negotiable.

- Your inquiry is never shared with, sold to, or reviewed by any third party.
- There's no publicist, assistant, or intermediary in the loop unless you specifically choose to involve one.
- Communication happens directly with Lori and the small team directly supporting her practice.
- You control what's discussed and when — nothing is asked before you're ready to share it.

FREQUENTLY ASKED

Is this therapy?

No. HÆLEN Consulting provides life and accountability coaching — not psychotherapy, psychiatric treatment, or medical care. If you're also working with a licensed clinician, coaching complements that work rather than replacing it.

Do you only work with people in recovery?

No. Many clients come specifically for sobriety and recovery support, but just as many come for broader life and accountability coaching — business, structure, and personal growth without a recovery component at all.

What if I'm not ready to commit to ongoing coaching?

That's completely fine. The first consultation carries no obligation. Some people book it simply to ask questions and think it over — there's no pressure to decide on the call.

HÆLEN

Ready when you are.

Booking a first consultation doesn't commit you to anything beyond one honest, private conversation.

Book at calendly.com/haelen/30min

Prefer email? Reach Lori directly at lori@haelen.io

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