



AN  
\*ASK ASHLEY\*  
WEBINAR

*an adoption education series from  
the birth parent perspective*



## TERMS AND CONDITIONS AND LIABILITY RELEASE:

# Book Me

BY BOOKING YOU UNDERSTAND AND AGREE TO THE FOLLOWING:

ALL ADVISING/CONSULTING SERVICES AND COMMUNICATION, EMAIL OR OTHERWISE, DELIVERED BY ASHLEY MITCHELL (YOUR "ADVISOR"), AS WELL AS INFORMATION SET FORTH ON THIS WEBSITE ([BIGTOUGHGIRL.COM](http://BIGTOUGHGIRL.COM), [SITKNECTOKNEE.COM](http://SITKNECTOKNEE.COM), [LIFETIMEHEALINGADOPTION.ORG](http://LIFETIMEHEALINGADOPTION.ORG)) ARE MEANT TO HELP YOU NAVIGATE ADOPTION ISSUES.

HOWEVER, ADVISING/CONSULTING IS NOT PROFESSIONAL MENTAL HEALTH CARE OR MEDICAL CARE. IF YOU FEEL PSYCHOLOGICALLY STRESSED TO THE POINT THAT IT IS INTERFERING WITH YOUR ABILITY TO FUNCTION, PLEASE HAVE THE COURAGE TO SEEK THE HELP YOU NEED IN THE FORM OF A PROFESSIONAL COUNSELOR. ADVISING MAY AUGMENT YOUR THERAPY, BUT THE WORK OF COACHING IS MEANT TO BE DONE WHEN MAJOR EMOTIONAL AND PSYCHOLOGICAL WOUNDS ARE ALREADY HEALING OR HEALED. ASHLEY DOES NOT GUARANTEE ANY PARTICULAR RESULTS FROM HER COACHING OR CONSULTING WITH YOU, AND SHE CANNOT PREDICT THE BEHAVIOR OR THIRD PARTIES. PLEASE GIVE HER YOURSELF, AND THE COMPLEX HUMAN RELATIONSHIPS THAT YOU ARE DEALING WITHIN IN AN ADOPTION TRIAD SOME GRACE.

IN THAT SPIRIT, BY PURCHASING ADVISING/CONSULTING SERVICES FROM ASHLEY MITCHELL, YOU CONFIRM THAT YOU HAVE READ AND AGREE TO EACH STATEMENT AND THAT YOU WISH TO PROCEED.

\* I UNDERSTAND THAT THE ADVISING/CONSULTING SERVICES I WILL BE RECEIVING ARE NOT OFFERED AS A SUBSTITUTE FOR PROFESSIONAL MENTAL HEALTH CARE OR MEDICAL CARE AND ARE NOT INTENDED TO DIAGNOSE, TREAT OR CURE ANY MENTAL HEALTH OR MEDICAL CONDITIONS. I ALSO UNDERSTAND THAT MY ADVISOR IS NOT ACTING AS A MENTAL HEALTH COUNSELOR OR A MEDICAL PROFESSIONAL.

\* I UNDERSTAND THAT COACHING/ADVISING/CONSULTING IS, AT PRESENT, AN UNREGULATED INDUSTRY AND THAT MY ADVISOR IS NOT LICENSED BY THE STATE OF UTAH OR ANY OTHER STATE. I ALSO UNDERSTAND THAT FOR ALL LEGAL PURPOSES, THE SERVICES PROVIDED BY MY ADVISOR WILL BE CONSIDERED TO BE PROVIDED IN THE STATE OF UTAH, REGARDLESS OF MY LOCATION.

\* I UNDERSTAND AND AGREE THAT I AM FULLY RESPONSIBLE FOR MY WELL-BEING DURING MY COACHING/ADVISING/CONSULTING SESSIONS, AND SUBSEQUENTLY, INCLUDING MY CHOICES AND DECISIONS.

\* I UNDERSTAND THAT COACHING IS NOT A SUBSTITUTE FOR COUNSELING, PSYCHOTHERAPY, PSYCHOANALYSIS, MENTAL HEALTH CARE OR SUBSTANCE ABUSE TREATMENT, AND I WILL NOT USE IT IN PLACE OF ANY FORM OF THERAPY.

\* I UNDERSTAND THAT ALL COMMENTS AND IDEAS OFFERED BY MY ADVISOR ARE SOLELY FOR THE PURPOSE OF AIDING ME IN ACHIEVING MY DEFINED GOALS. I HAVE THE ABILITY TO GIVE MY INFORMED CONSENT, AND HEREBY GIVE SUCH CONSENT TO MY COACH TO ASSIST ME IN ACHIEVING SUCH GOALS.

\* I UNDERSTAND THAT MY ADVISOR WILL PROTECT MY INFORMATION AS CONFIDENTIAL UNLESS I STATE OTHERWISE IN WRITING. IF I REPORT CHILD, ELDER ABUSE OR NEGLECT OR THREATEN TO HARM MYSELF OR SOMEONE ELSE, I UNDERSTAND THAT NECESSARY ACTIONS WILL BE TAKEN AND MY CONFIDENTIALITY AGREEMENT LIMITED IN THIS CAPACITY. FURTHERMORE, IF MY ADVISOR IS ORDERED BY A COURT TO PROVIDE INFORMATION OR TO TESTIFY, SHE WILL DO SO TO THE EXTENT THE LAW REQUIRES.

\* I UNDERSTAND THAT THE USE OF TECHNOLOGY IS NOT ALWAYS SECURE AND I ACCEPT THAT THERE IS ALWAYS A POSSIBILITY OF BREACHES OF CONFIDENTIALITY IN THE USE OF EMAIL, TEXT, PHONE, SKYPE AND OTHER TECHNOLOGY.

\* I HEREBY RELEASE, WAIVE, ACQUIT AND FOREVER DISCHARGE MY ADVISOR, ANY AGENTS, SUCCESSORS, ASSIGNS, PERSONAL REPRESENTATIVES, EXECUTORS, HEIRS AND EMPLOYEES FROM EVERY CLAIM, SUIT, ACTION, DEMAND OR RIGHT TO COMPENSATION FOR DAMAGES I MAY CLAIM TO HAVE OR THAT I MAY HAVE ARISING OUT OF ACTS OR OMISSIONS BY MYSELF OR BY MY ADVISOR AS A RESULT OF THE ADVICE GIVEN BY MY ADVISOR OR OTHERWISE RESULTING FROM THE COACHING RELATIONSHIP CONTEMPLATED BY THIS AGREEMENT. I FURTHER DECLARE AND REPRESENT THAT NO PROMISE, INDUCEMENT OR AGREEMENT NOT EXPRESSED IN THIS AGREEMENT HAS BEEN MADE TO ME TO SIGN THIS AGREEMENT.

THIS AGREEMENT SHALL BIND MY HEIRS, EXECUTORS, PERSONAL REPRESENTATIVES, SUCCESSORS, ASSIGNS, AND AGENTS.

**BIG TOUGH GIRL**  
*Ashley Mitchell*

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# Ask Ashley



PLEASE ENJOY THIS FREE DOWNLOAD OF THE  
RECORDING OF OUR GIFT GIVING IN ADOPTION.

USE THE LINK BELOW TO ACCESS THE VIDEO.

[WATCH RECORDING NOW](#)



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# GIFT GIVING

With Ashley Mitchell

"Love is always bestowed as a gift -  
freely, willingly and without expectation.  
We don't love to be loved, we love to love."  
- Leo Buscaglia

ONE OF THE BIGGEST BLOCKS FOR ADOPTIVE PARENTS CAN BE WHAT TO GIVE AS A GIFT AND IF IT IS APPROPRIATE OR NOT. THIS IS SUCH A COMPLICATED TOPIC WITH VERY SIMPLE PERSPECTIVES. I WANT TO WALK YOU THROUGH PRE-BIRTH GIFT GIVING, INCLUDING HOSPITAL GIFTS TO POST PLACEMENT CONNECTIONS, THAT WILL CREATE A LIFELONG FOUNDATION. WE WILL BREAKDOWN HOLIDAYS AND SPECIAL EVENTS BUT, MORE IMPORTANTLY, WE WILL DIVE INTO OPTIONS FOR CONNECTION WHEN BIRTH PARENTS ARE NOT PRESENT, AVAILABLE FOR IN PERSON CONNECTIONS OR MAY HAVE CLOSED ADOPTIONS.

*The When, What and Why behind gift giving in adoption.*

- 🌀 THE DEREK BIN
- 🌀 UNDERSTANDING THE HEART BEHIND GIFT GIVING AND UPDATES
- 🌀 MAKING CONNECTIONS TO BIOLOGY WHEN BIOLOGY CAN'T BE PRESENT
- 🌀 BUILDING TRUST AND VISITS IN OPEN ADOPTION
- 🌀 12 REASONS TO REACH OUT (HINT: FOLLOW THE CALENDAR)



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# Gift Ideas from our Shops

2022



Cards of Connection  
[BIGTOUGHGIRL.COM/SHOP](http://BIGTOUGHGIRL.COM/SHOP)

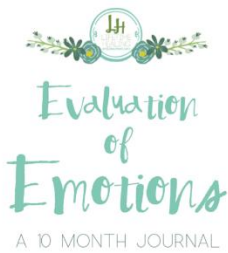


2023



# Curriculum for Birth Moms and Tossing Pebbles

2017/2018



A 10 MONTH JOURNAL

SPANISH TRANSLATION AVAILABLE\*

2019

A hope for  
Healing

AN 11 MONTH JOURNAL



SPANISH TRANSLATION AVAILABLE\*

2020

Seeking  
Self

A 12 MONTH JOURNAL

Set Face to Face With Me



[SITKNEETOKNEE.COM/SHOP](http://SITKNEETOKNEE.COM/SHOP)

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# Additional Resources



POST STRIVES TO PROVIDE ETHICAL, ADOPTEE-CREATED, AND CENTERED, ADOPTION EDUCATION AND RESOURCES TO THE ENTIRE ADOPTION CONSTELLATION. AS ADOPTEEES OURSELVES, WE KNOW THE STRUGGLE ADOPTEEES FACE IN REGARDS TO ACCESS TO OUR OWN FAMILIES, STORIES, AND INFORMATION. NO MATTER THE AGENCY OR LEGAL REQUIREMENTS, BOTH ADOPTIVE AND BIRTH PARENTS HAVE NOT AND ARE NOT ETHICALLY EDUCATED OR TRAINED CONCERNING ALL ASPECTS OF ADOPTEE-CENTERED ADOPTION PLACEMENT.

AT POST, WE STRIVE TO PROVIDE ADOPTEEES AND THEIR FAMILIES WITH THE RIGHT TOOLS TO FOSTER CONNECTION WITH BIRTH FAMILIES BY EDUCATING THE CONSTELLATION THROUGH CURATING MODERN, ADOPTEE-CENTERED RESOURCES. WE WILL ALWAYS PLACE THE ADOPTEE'S RIGHT TO INFORMATION AT THE FOREFRONT AND CREATE BEAUTIFUL AND MEANINGFUL WAYS FOR THEM TO STAY CONNECTED TO THEIR FAMILIES, STORIES, AND INFORMATION.

WHEN ADOPTION IS THE ONLY OPTION, WE BELIEVE THAT CONNECTED FAMILIES ARE STRONG FAMILIES. BY PROVIDING OUR "NO EXCUSE" TEMPLATES AND THOUGHTFULLY CRAFTED ACTIVITIES WE CAN HELP COUNTLESS ADOPTEEES LIKE US HAVE A PIECE OF THEMSELVES AND THEIR FIRST FAMILY TO HOLD ONTO FOR A LIFETIME.

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Doodle

NOTES





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# Giving Tuesday

WE WOULD LOVE YOUR  
HELP IN BRINGING OUR  
POST PLACEMENT  
CURRICULUM TO MORE  
BIRTH MOTHERS IN 2024!

Scan code to donate!

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