



EssentiallyBeing
Be happy • Be well • Just be

Coaching and Support Terms & Conditions

SCHEDULING

As a Coach, I understand that my clients have busy schedules and I take pride in not keeping them waiting or keeping them longer than planned. Each session will end within the time allotted. Please be on time.

If you need to cancel or reschedule the appointment, you must do so **24 hours in advance**; otherwise, you will forfeit that appointment and will not have an opportunity to reschedule it.

The program expires if all sessions purchased have not been completed within 12 months of purchase.

PAYMENTS AND REFUNDS

In the event of your absence or withdrawal from your program, for any reason whatsoever, you will remain responsible for the pro rata share of the program that has been delivered.

I reserve the right to cancel the program if at any point I feel it is not advantageous for the coaching program to continue. If this happens, you are only responsible for the pro rata share of coaching services received.

DISCLAIMERS

You understand that my role as a coach is not to prescribe or assess micro- and macronutrient levels; provide health care, medical or nutrition therapy services; or to diagnose, treat or cure any disease, condition or other physical or mental ailment of the human body. Rather, I am a mentor and guide who is sharing my own experience and have been trained in holistic health coaching to help clients reach their own health goals by helping clients devise and implement positive, sustainable lifestyle changes. You understand that I am not acting in the capacity of a doctor,

licensed dietician-nutritionist, psychologist or other licensed or registered professional, and that any advice given by me is not meant to take the place of advice by these professionals. If you are under the care of a health care professional or currently uses prescription medications, you should discuss any dietary changes or potential dietary supplements use with your doctor(s), and should not discontinue any prescription medications without first consulting your doctor(s).

You have chosen to work me and understands that the information received should not be seen as medical or nursing advice and is not meant to replace the advice of qualified and licensed health professionals.

PERSONAL RESPONSIBILITY AND RELEASE OF HEALTH CARE RELATED CLAIMS

You acknowledge that you take full responsibility for your life and well-being, as well as the lives and well-being of your family and children (where applicable), and all decisions made during and after this program.

You expressly assume any risks of your program, including the risks of trying new foods or supplements, and the risks inherent in making lifestyle changes. You release me from any and all liability, damages, causes of action, allegations, suits, sums of money, claims and demands whatsoever, in law or equity, which you ever had, now have or will have in the future against me, arising from your past or future participation in, or otherwise with respect to, your program, unless arising from my gross negligence.

CONFIDENTIALITY

I will keep your information private, and will not share your information with, or disclose it to, any third party unless compelled to by law.

CHOICE OF LAW

The program agreement shall be construed according to the laws of the State of Victoria, Australia. In the event that any provision of the agreement is deemed unenforceable, the remaining portions of the Agreement shall be severed and remain in full force.