

Participation Agreement

1. **Commitment & Responsibility:** I understand that coaching is a process designed to help me unlock my potential, and I commit to showing up fully for each session. I take responsibility for applying the insights and guidance I receive during coaching.
2. **Cancellation Policy:** I agree to provide at least 24 hours' notice if I need to cancel or reschedule a session. I understand that if I fail to do so, the session will be counted as completed and deducted from my package.
3. **No Refunds:** I acknowledge that all coaching sessions and packages are non-refundable. Once booked, I agree to complete the coaching program as scheduled.
4. **Confidentiality:** I understand that everything discussed in our coaching sessions is strictly confidential. My coach will not share any of my information unless legally required to do so.
5. **Hold Harmless & Release from Liability:** I understand that my coach/mentor is not a licensed mental health professional, and coaching is not a substitute for professional mental health services. I agree that my coach/mentor is not responsible for any decisions, actions, or outcomes resulting from the coaching sessions. I release my coach/mentor from all liability related to my participation in the coaching program and any actions I take thereafter.

Coaching Is Not Therapy: I acknowledge that coaching is a future-focused process aimed at personal and spiritual growth, and is not intended to diagnose, treat, or cure any mental health conditions.