

Terms of Service

Last Updated: January, 2026

These Terms of Service (“Terms”) govern your use of **dointhingsbetter.com** (the “Site”) and any purchase of products, services, digital resources, or event registrations from **Doin’ Things Better** (“we,” “us,” “our”).

By using the Site, you agree to these Terms. If you don’t agree, do not use the Site.

1. Who We Are

We provide wellness education, coaching, digital resources, products, and event experiences. Results are not guaranteed.

2. Not Medical Advice

Content on this Site—including blogs, resources, emails, workshops, and coaching—is for **educational and informational purposes only**.

We are not providing medical advice, diagnosing conditions, or prescribing treatment. Always consult a licensed healthcare provider for medical concerns, diagnosis, or treatment decisions.

If you are experiencing a medical emergency, call emergency services immediately.

3. Eligibility

You must be at least 18 years old (or have legal guardian permission) to purchase products/services or register for events.

4. Purchases & Payments

When you purchase from us, you agree that:

- You’ll provide accurate payment and contact information
- Prices may change at any time without prior notice
- Payments are processed through third-party providers; we do not store full payment card details

We reserve the right to refuse or cancel any order if fraud or unauthorized activity is suspected.

5. Digital Products (If Applicable)

All digital products (downloads, guides, templates, recordings) are:

- For individual use only unless explicitly stated otherwise
- Non-transferable and may not be shared, resold, or redistributed
- Delivered electronically

Digital product sales are final unless otherwise stated on the sales page.

6. Services & Coaching (If Applicable)

When you purchase a service (coaching, consultation, assessments, etc.):

- You are responsible for showing up on time and participating
- Results vary; outcomes depend on many factors beyond our control
- You agree to communicate respectfully

Rescheduling / No-Show Policy

- If you need to reschedule, provide at least **48 hours** notice.
- Missed sessions (“no-shows”) may be forfeited and are not refundable unless we decide otherwise in writing.

7. Events & Workshops (If Applicable)

Event Changes

We may adjust speakers, content, timing, or location as needed. If an event is canceled by us, we'll provide a refund or credit as described below.

Event Refund Policy (Option A)

All event sales are final. Tickets are transferable to another attendee (with notice) but non-refundable unless the event is canceled by us.

Photo/Video Release

We may take photos/video at events for marketing and educational purposes. By attending, you consent to being photographed/recorded unless you notify us in writing before the event begins.

8. Shipping & Returns (Physical Products, If Applicable)

- Shipping timelines are estimates and may vary.
- If items arrive damaged, contact rafa@dointhingsbetter.com within 72 hours of delivery with photos.
- Opened items are non-returnable for hygiene/safety reasons.

9. Intellectual Property

Everything on this Site—text, graphics, videos, resources, and branding—is owned by us or licensed to us and protected by law.

You may not reproduce, distribute, or create derivative works without written permission.

10. Acceptable Use

You agree not to:

- Use the Site for unlawful purposes
- Attempt to hack, scrape, or disrupt the Site
- Misrepresent your identity
- Harass, threaten, or abuse us or others

We can block access to the Site if these Terms are violated.

11. Disclaimers

The Site and all products/services are provided “as is” without warranties of any kind, express or implied.

We do not guarantee results, income, health outcomes, or specific benefits.

12. Limitation of Liability

To the fullest extent permitted by law, we will not be liable for indirect, incidental, consequential, or punitive damages arising from your use of the Site, products, services, or events.

Our total liability for any claim will not exceed the amount you paid us in the 60 days before the event giving rise to the claim.

13. Indemnification

You agree to indemnify and hold us harmless from claims, damages, losses, and expenses arising from your misuse of the Site or violation of these Terms.

14. Governing Law

These Terms are governed by the laws of the State of **North Carolina**, without regard to conflict-of-law rules.

15. Changes to These Terms

We may update these Terms at any time. Updates will be posted here with a new “Last Updated” date.

16. Contact

Doin' Things Better

Email: rafa@dointhingsbetter.com