

Coaching Agreement

This Agreement is made upon enrolling in programs & services between Holistically You, Inc. (including all owners, employees or representatives) and the person named at the end of this document, [the Client]. This Agreement pertains to the program & services the Client is currently enrolling in and includes any and all future services & programs provided by Holistically You, Inc.

DESCRIPTION OF SERVICES

Holistically You, Inc. provides coaching (One on One, Group Coaching, VIPCoaching, Retreats), Educational Products (E-Courses, E-books, Downloadable PDF's, Meditations, Affirmations, etc), E-commerce Products and representation at speaking engagements, workshops and events. Holistically You, Inc. also provides consultation services for mental health practitioners.

CLIENT & COACH EXPECTATIONS

Should you, [the Client] elect Coaching services provided by Holistically You, Inc., the Client is expected to attend all previously agreed upon scheduled coaching calls (via televideo or phone), complete any assignments prior to scheduled calls and follow up on coaching advice provided. The Client will give thought to what the Client would like to be coached around for the session to maximize the use of their coaching time. The Client accepts full responsibility for [the Client] and their actions resulting from the process of coaching. The Client understands that during the coaching process they will be doing most of the work, not the coach.

The Coach, Vanessa Santos, agrees to serve as your coach, in partnership, to assist you in achieving your personal goals. My focus is on you as person, not on any roles or labels that may define parts of you. I agree to share with you what I see and sense with your life situations and offer objective & non-judgmental feedback to help you gain clarity. I agree to offer suggestions and insights that may assist you with moving forward in achieving your goals. Sometimes, these suggestions may include asking you to take action steps to move forward. Expect me to challenge you at times and invite you to see a different perspective. I am trained as a psychotherapist, and will refrain from offering clinical advice to not contraindicate with other clinical services you may be receiving, I will always practice ethically in offering any advice should I do so. If an issue comes up for you that would be better handled by a professional, I will be happy to make a referral or suggest that you contact your local agency for additional support. I will respect and maintain your confidentiality. If issues arise that go beyond the scope of my coaching expertise, I will recommend resources as necessary as your situation requires.

SCHEDULING

Holistically You, Inc. understands that its clients have busy schedules and takes pride in not keeping them waiting or keeping them longer than planned. Each session will end 60 minutes after it was scheduled to begin. Please be on time. If the Client needs to cancel or reschedule the appointment, the Client must do so 24 hours in advance; otherwise, the Client will forfeit that appointment and will not have an opportunity to reschedule it. The client is expected to be on time for coaching calls, every minute late is counted against total time on the call scheduled.

The program & services will only be valid for 30 days following the end of the period of time for which payment has been received. If the Client does not attend the agreed upon sessions

before 30 days following the end of the period of time for which payment has been received, the program & services will expire and no refund will be provided.

PAYMENTS AND REFUNDS

The Client understands that payment is due prior to services being provided, and may be made by credit card using the online link provided on the website: www.holisticallyyouinc.com.

In the event of the Client's absence or withdrawal from the One on One Coaching Program, for any reason whatsoever, the Client will remain responsible for the pro rata share of the program & services that have been delivered, plus a cancelation fee of \$100.00.

The Coach reserves the right to cancel the program & services if at any point she or he feels it is not advantageous for the coaching program & services to continue. If this happens, the Client is only responsible for the pro rata share of coaching services received.

DISCLAIMERS

The Client understands that the role of Holistically You, Inc., and any of its owners, employees or representatives, is not to prescribe or provide health care, medical or clinical therapy services; or to diagnose, treat or cure any disease, condition or other physical or mental ailment of the human body. Rather, Holistically You, Inc. is a mentor and guide who has been trained in holistic health coaching, psychotherapy and reiki energy healing to help clients reach their own health goals by helping clients devise and implement positive, sustainable lifestyle changes. The Client understands that Holistically You, Inc. is not acting in the capacity of a doctor, licensed dietician-nutritionist, psychologist or other licensed or registered professional, and that any advice given by Holistically You, Inc. is not meant to take the place of advice by these professionals. If the Client is under the care of a health care professional or currently uses prescription medications, the Client should discuss any dietary changes or potential dietary supplement use with his or her doctor, and should not discontinue any prescription medications without first consulting his or her doctor.

Holistically You, Inc. may recommend additional medical or psychological services. The Client understands the cost for any medical or psychological services is not included in the price of the program & services. Holistically You, Inc. is not responsible for any payment of any medical or psychological services. All payments required for said services shall be made by the Client directly to the facility. The Client also understands that Holistically You, Inc. is not a doctor and interpretation of results is for educational purposes only. Any medical questions should be directed to the Client's healthcare provider.

The Client has chosen to work with Holistically You, Inc. and understands that the information received should not be seen as medical or nursing advice and is not meant to take the place of seeing licensed health professionals. If the Client encounters any difficulties, pain, allergic reactions, or adverse side effects they should stop the activity immediately and consult their doctor. Also, if the Client experiences a life threatening medical emergency, the Client should call 911 immediately.

PERSONAL RESPONSIBILITY AND RELEASE OF HEALTH CARE RELATED CLAIMS

The Client acknowledges that the Client takes full responsibility for the Client's life and wellbeing, as well as the lives and wellbeing of the Client's family and children (where applicable), and all decisions made during and after program & services.

The Client expressly assumes the risks of the program & services, including the risks of trying new foods or supplements, and the risks inherent in making lifestyle changes. The

Client releases Holistically You, Inc., and any of its owners, employees or representatives, from any and all liability, damages, causes of action, allegations, suits, sums of money, claims and demands whatsoever, in law or equity, which the Client ever had, now has or will have in the future against Holistically You, Inc., arising from the Client's past or future participation in, or otherwise with respect to, the program & services, unless arising from the gross negligence of Holistically You, Inc.

CONFIDENTIALITY

Holistically You, Inc. will keep the Client's information private, and will not share the Client's information to any third party unless compelled to by law.

ARBITRATION, CHOICE OF LAW, AND LIMITED REMEDIES

Please see Terms of Service

Client Signature: _____

Date: _____

Coach: _____

Date: _____