

# The Gift of A.D.D.iction Service's Terms and Conditions

## 1. Scope of Services

My coaching services include the following:

- **Tools for Positive Mindset:** Providing practical tools and strategies to cultivate a positive and resilient mindset.
- **Weekly Accountability Sessions:** One-hour sessions conducted weekly to support progress and accountability.
- **Guided Meditations:** Tailored meditations to enhance connection with yourself and your surroundings.
- **Holistic Wellbeing Tools:** Resources and guidance to support physical, emotional, mental, and spiritual well-being.

### Excluded Services:

- **Financial Coaching:** I do not provide advice, strategies, or support in personal finance, investments, or budgeting.
- **Relationship Coaching:** Assistance with personal or professional relationships is not part of my coaching services.
- **Dietary Coaching:** Guidance related to nutrition, meal planning, or dietary habits is not included in my offerings.

## 2. No Therapy or Mental Health Services

I am not a licensed therapist, psychologist, or medical professional. My coaching services are not a substitute for therapy, counseling, medical advice, or treatment for any mental health condition.

By entering into a coaching relationship, clients acknowledge that:

- Coaching is a collaborative process, and outcomes depend on the client's active participation.
- Results and progress are not guaranteed and vary based on individual effort, commitment, and circumstances.
- Clients are responsible for attending sessions, completing assignments, and implementing the strategies we discuss together.

## 3. Medical Treatment Waiver

By agreeing to these terms and conditions, clients confirm that they do not require therapy or medical treatment and that they are mentally and emotionally capable of engaging in coaching. Clients also agree that coaching is not intended to diagnose, treat, or cure any medical or psychological condition.

#### **4. Expectations and Disclaimer of Results**

While I am committed to providing guidance, tools, and strategies, achieving desired outcomes ultimately depends on the client. Clients should understand the following:

- Outcomes may vary, and results are influenced by individual circumstances, efforts, and external factors.
- Unrealistic expectations of coaching services may result in dissatisfaction. It is the client's responsibility to communicate their goals and expectations clearly.
- Any examples of results shared through promotional materials or past client testimonials are not guarantees of similar outcomes.

#### **5. Coaching Refund Policy**

My refund policy is as follows:

- Clients may request a refund if they change their mind within **three (3) calendar days** of purchase.
- After the initial three-day period, clients are committing to the full length of the coaching program, and refunds will not be issued.

All refund requests must be made in writing and include details of the circumstances leading to the request.

#### **6. Confidentiality**

All information shared during coaching sessions is strictly confidential. I will not disclose any personal details without your consent, except where required by law (e.g., concerns about harm to self or others).

#### **7. Session Rescheduling and Cancellations**

If you need to reschedule a session, please provide at least 24 hours' notice. Sessions canceled with less than 24 hours' notice may not be eligible for rescheduling. Missed sessions without prior notice are considered forfeited.

#### **8. Termination Policy**

Either party may terminate the coaching agreement at any time by providing written notice. Refunds for unused sessions will not be issued after the three-day refund period has passed.

#### **9. Payment Terms**

Payment is required upfront or as agreed upon in a payment plan. By signing up, clients commit to the full cost of the program, regardless of attendance or progress made during sessions.