



Signed (“You” - the Client):..... Date:.....

Signed (the “Coach”):..... Date:.....

This coaching agreement is for your information and guidance, with the aim to gain the most out of our time together. If you have any questions or queries please do message me: carolinemaryandrews@hotmail.com.

In the event of this disclaimer being accessed online, an email with your agreement to these terms will suffice to show you’ve read and agree to the terms - please use the subject line “Client Agreement confirmation” and write your confirmation.

Many thanks and I look forwards to walking alongside you in our journey towards Ascension.

1.0 The COMPANY’S commitment to YOU:

- 1.1 Open Lotus Living will provide Ascension Alignment group coaching sessions with Caroline Andrews
- 1.2 The company will provide coaching through a professional client relationship, designed to facilitate the creation and development of personal goals and to delve deep, finding appropriate strategy and plans for moving towards these agreed goals.
- 1.3 You are free to join, and make us of, the private facebook group Ascension Alignment Mastery. You can post your successes, challenges and anything relevant to our group journey together. If you have direct questions you may message me on carolinemaryandrews@hotmail.com. Please be mindful that I may not always be available to reply immediately though will endeavour to return your email within 24hours.

2.0 YOUR commitment:

- 2.1 You agree to pay the company the fees as set out in the agreement, as per invoiced.
- 2.2 You agree to call or meet me at the agreed times, in the group setting
- 2.3 You agree to be honest and open, and to believe in yourself, from this moment onwards. You are truly committed to change and agree to take responsibility for your life, choices and actions.

3.0 Coaching:

- 3.1 You enter in to this agreement with the full understanding that you are solely responsibly for creation your own results. You understand that your meeting of goals (in whole or part) cannot by guaranteed and no warrantees are given.
- 3.2 You are aware that coaching is NOT psychotherapy, counselling, psychoanalysis or any offer form of mental health care treatment or therapy and is NOT to be used in substitute for professional advice given by medical, financial, business or other qualified professionals.

4.0 It’s a GROUP agenda:

- 4.1 The session agenda belongs to you as part of the group. If the session is not heading in the direction you would like it, if I ever say anything that you don’t feel comfortable with, or if you have a concern with the way the session’s progressing, you will let me know immediately, and I will happily address your concerns.

5.0 Ethics and Confidentiality:

- 5.1 The company follows general coaching ethics, such as keeping the content of all sessions confidential along with any personal information held by the company.
- 5.2 We will not supply your data to other companies without your express permission.

6.0 Admin:

- 6.1 The session may be refused if payment has not been made as required by the agreement
- 6.2 Where it is necessary for you or the coach to reschedule a session, this will be done by phone/email at least 48 hours before the scheduled session.
- 6.3 If you are late for a session, please be mindful of the process that is happening within the group upon entering the shared space.



7.0 Termination:

7.1 You or the company may cancel this agreement in writing (by email or letter) given at least 7 clear days notice. In the event that you owe money to the company at the time of the cancellation, full payment will become due at the time of cancellation.

7.2 In the unlikely even that the agreement is cancelled before all the sessions you have paid for have been provided, the company will refund you for any session you have paid for.

8.0 General:

8.1 In the event of you feeling mental, physical, emotional distress (or related ailment or condition) which you believe to be related either directly or indirectly to the coaching session, you will not hold the company liable for any loss or cost incurred by you (or any persons related to you). You will indemnify the company in the event of any such claim.

8.2 Except as expressly set out in this claim, the company will have no liability to You. This agreement reflects the entire agreement and understanding between You and the Company regarding the matters in the agreement.

Additional Notes

For the coaching to be as successful as possible:

- Your intent and desire to change will be serious
- You will make very effort to ensure you are at peak mental, physical, and emotional state for each session.
- You are ready to grow, work and receive feedback. You are willing to try new ways or learning, to be honest and open, keep your commitments, and notify the coach immediately when things are not working for you.
- You are willing to explore, challenge and change thoughts, feelings and actions that you recognise are self-defeating.
- You understand your coach will be focused on you and your best interests as a whole not just your goals.
- You are willing to give the coach the benefit of the doubt and wholeheartedly try new concepts or different ways or doing/approaching things
- You recognise the value and worth of yourself and the investment you are making in your personal development
- You inform the coach of any concerns at the first possible moment to allow for arising issues to be resolved at the earliest opportunity.

*Thank you so much for reading this and confirming via email or signature.
I look forwards to walking alongside you in our journey of Ascension.
Caroline Mary*