



## **Contract and Terms and Conditions for Her Space is Her Sanctuary**

### **The Programme and what is included**

Her Space is Her Sanctuary is a 4 Week Online Group Coaching Programme, which includes access to:

- 4 Live Group Workshops with Q&A (hosted via Zoom or similar – you will need a free account to access them)
- PDF downloadable guidebooks (which you must download if you want them)
- 1:1 Messaging and Voicenote support (via Voxer – which you must download if you want to make use of 1:1 Messaging and Voicenote support)
- Access to a Facebook Group (which you must have a Facebook account for if you want to join)
- A bonus celebration session (hosted via Zoom or similar – you will need a free account to access it)

### **Nature of Programme**

This is a 4 Week Online Group Coaching Programme.

The Live Group Workshops will run on Tuesday evenings. The timings of the live sessions will be determined by a group vote. They will start between 7pm-8pm UK time and last up to 90 minutes.

If an unforeseeable emergency or event occurs and Laura cannot deliver the session at the scheduled time, she will endeavour to rearrange as soon as possible.

If you can't join the live sessions, that is your choice. Laura Pearson accepts no responsibility.

You will have the option to download and watch a recording of the live sessions.

If you are late for a live session, the session will still complete at the scheduled time.

Your attendance and participation in each element are entirely your choice.

### **Cancellation and refund policy**

This Programme has no cancellation policy.

Laura Pearson has a no refund policy.

Transfers are not available.

By signing up and making payment, you are purchasing a package and this is NON-REFUNDABLE.

If you change your mind and wish to not participate in the Group Coaching Programme, you will not be refunded.



Your attendance and participation in each element are entirely your choice.

### **Session Agenda**

The session agenda belongs to Laura Pearson and the group as a collective. Whilst Laura will endeavour to answer individual questions and provide personalised support, this may not always be possible.

If you have any concern with the way the Programme is proceeding, it is your responsibility to let Laura know immediately.

### **External Service Providers and Platforms**

Laura Pearson has no control or responsibility over any external elements of the Programme, Service Providers and Platforms – including Stripe, Zoom, Voxer, Facebook and any other platform that becomes a part of the programme. It is your choice to sign up and use to these platforms, if you choose to participate.

### **Information, Advice and Guidance and Disclaimer**

Information, Advice and Guidance is given in good faith and it is **always your (the client's) decision** as to whether you accept this. It is entirely the client's decision to consume, engage with or act upon the information shared. It is entirely the client's decision to keep or dispose of their possessions. It is entirely the client's decision to re-organise and move their items. It is entirely the client's decision whether they choose to buy storage solutions or other organisational equipment. Laura Pearson does not accept responsibility or liability for any of the decisions made by the client or the consequences of such decisions. The responsibility remains with you, the client, indefinitely.

You understand that the role of the Coach (Laura Pearson), is to mentor and act as a supportive guide.

You understand that the Coach (Laura Pearson) is not acting in the capacity of a doctor or other licensed or registered professional, and that any advice given by the Coach is not to override or take the place of advice from professionals.

You agree to disclose any serious mental or physical health condition prior to working with the Coach (Laura Pearson) and has chosen to work with the Coach having understood that the information received should not be seen as medical advice and is not meant to take the place of seeing other licensed professionals.

### **Limits of work**

Her Space is Her Sanctuary is an online Group Programme, hence there are limitations as to how much personalised or 1:1 support you will receive.

Laura will support you to the best of her ability. However, given the short amount of time together and the constraints of the group structure, you may not achieve a complete result or receive answers to your individual questions. You accept that you may need to continue the process in your own time. You can book 1:1 sessions, if you wish, at a further cost.

For the 1:1 Messaging and Voicenote Support (via Voxer), Laura will endeavour to respond to you as soon as she can within the hours of 8am-9am and 7-8pm (UK time) during the 4 weeks of the programme. She may also respond outside of these hours where possible. At the end of the 4 weeks, the "chats" will be deleted.

### **Health and Safety**

Laura Pearson does not accept any responsibility for the damage, injury or loss, to the client or any of their possessions before, during or after the Programme or as a result of the client engaging with the Her Space is Her Sanctuary Group Programme. Laura Pearson advises caution and consideration to the client, especially if and when physically moving items around their home/space. *Please do not move anything or do anything that will cause you injury or harm. Any actions that you take are your own responsibility.*

### **Coaching**

You enter into this Agreement with the full understanding that you are solely responsible for creating your own results. You understand that achieving your goals (in whole or part) cannot be guaranteed and no warranties are given. You are aware that coaching is not counselling, psychotherapy, psychoanalysis or any other form of mental health care treatment or therapy, nor is it to be used as a substitute for professional advice by legal, medical, financial, business or other qualified professionals. If appropriate, you will seek independent professional guidance in the areas mentioned. You understand that all decisions and actions are your sole responsibility.

### **Confidentiality and Ownership Agreement**

In order to honour and protect Laura Pearson, all intellectual property, and confidentiality of information, the Client agrees not to disclose or communicate information about Laura Pearson or share materials, methods or resources with any third parties.

The client agrees to not share content given by Laura Pearson or any other original content with third parties.



Any notes that Laura makes during the Programme or about you are kept confidential. Laura will not use or disclose the information you share with her during the Programme, except as authorised by you or as required by law. You understand that on occasion Laura Pearson may anonymously share generalised information for training, consultation or marketing purposes. Your identity and any information that could lead to your identification will remain entirely confidential.

If you choose to provide a written or recorded testimonial, you agree to Laura sharing this online and in print, on her webpage, social media, marketing materials and so on.

### **Changes**

This Agreement may be subject to change providing Laura Pearson gives the client 1 week's written notice in advance.

### **Personal Responsibility Agreement and Liability**

Laura Pearson accepts no liability or responsibility of you choosing to feel mental, physical or emotional distress (or related ailment or condition) which you believe to be related either directly or indirectly to any element of the Group Coaching Programme - Her Space is Her Sanctuary - or engagement with her content. You will not hold Laura or Laura Pearson Coaching and Decluttering liable for any loss, injury or cost incurred by you (or any person related to you).

You acknowledge that you take full responsibility for your own life and wellbeing, and the lives and wellbeing of your family or dependants (where applicable), and all decisions made during and after this programme.

You understand and assume the risks of the programme, including the risks of trying new tools, practices, techniques, and the risks inherent in making lifestyle and mindset changes.

You release Laura Pearson from any and all liability, damages, allegations, causes of action, suits, sums of money, claims and demands whatsoever, in law or equity, which you ever had, now have or will have in the future against Laura, arising from your past or future participation in, or with respect to, Her Space is Her Sanctuary and related content.

Laura Pearson will have no liability to you, except from delivering the 4 Week Online Group Coaching Programme – Her Space is Her Sanctuary (once payment is received) as outlined at the beginning of this document.

### **Communication**

For anything related to queries, payments or accounts please email Laura Pearson directly, rather than through social media messages.



### **Payment**

You make payment for Her Space is Her Sanctuary via Stripe which is integrated on Laura's website: [www.laurapearsoncoaching.com/her-space-is-her-sanctuary](http://www.laurapearsoncoaching.com/her-space-is-her-sanctuary)

By making payment, you confirm that you acknowledge that Her Space is Her Sanctuary is non-refundable and that you accept this Contract and Terms and Conditions.

### **Special requirements**

If you have any special requirements, it is your responsibility to let Laura know as soon as possible.

**By purchasing this product, you are agreeing to the terms and conditions outlined.**

Laura Pearson's contact details are:

Name: Laura Pearson

Email: [laura@laurapearsoncoaching.com](mailto:laura@laurapearsoncoaching.com)

Website: [www.laurapearsoncoaching.com](http://www.laurapearsoncoaching.com)