



Life Coaching Agreement

This Life Coaching Agreement (the 'Agreement') is made between With Nix ('the Coach') and the undersigned client ('the Client'). The purpose of this Agreement is to outline the terms and conditions for the provision of virtual life coaching services.

1. Services

The Coach, Nikki Mintrum, provides online life coaching services under the business name With Nix. All sessions are conducted virtually, primarily via Zoom. Services include:

- A complimentary 45-minute discovery call
- 30-minute or 60-minute coaching sessions
- Packages of 4 or 8 one-hour sessions
- Bespoke coaching options agreed following a discovery call

The focus of these sessions is on personal support and motivation, particularly for individuals recovering from or adapting to life after a stroke or recovering from illness. The sessions are offered with lived experience.

2. Coach Qualifications and Disclaimer

The Client acknowledges that the Coach is not a qualified or certified life coach at this time, but is in the process of undertaking professional training and certification. The Coach is not a medical professional, therapist, or counsellor. The coaching provided is for general personal support, mindset, and wellbeing purposes only, and does not replace medical, psychological, or therapeutic care. Clients should seek advice from a qualified healthcare provider for any medical or mental health concerns.

3. Confidentiality

All information shared during coaching sessions is treated as confidential and will not be disclosed to third parties without the Client's consent, except where disclosure is required by law or where there is a risk of harm to the Client or others.

4. Payment Terms

All coaching sessions and packages must be paid for in advance through the With Nix website. Session times will be confirmed upon receipt of payment.

5. Cancellations and Rescheduling

Clients may reschedule or cancel a session with at least 24 hours' notice. Cancellations made with less than 24 hours' notice may result in forfeiture of that session. Refunds are not typically offered once a coaching package has commenced.

WITH NIX LIFE COACH & MENTOR

WWW.WITHNIX.CO.UK

NIKKI@WITHNIX.CO.UK

6. Client Responsibility

The Client understands that life coaching is a collaborative process requiring active participation. The Coach makes no guarantees regarding outcomes or results, as progress depends on the Client's commitment and effort.

7. Limitation of Liability

The Coach shall not be liable for any indirect, incidental, or consequential damages arising out of the coaching relationship. The Client accepts full responsibility for their own decisions, actions, and outcomes.

8. Agreement

By booking or attending a coaching session with With Nix, the Client acknowledges that they have read, understood, and agree to the terms of this Agreement.

Client Name _____

Client Email _____

Client Contact No _____

Client Home Address _____

Client Emergency Contact Information _____

Client Signature _____

Date _____