

PROGRAM AGREEMENT

Welcome! I am so excited to have you join me for my *4 Weeks to Balance & Bliss* Group Coaching Course! During the next 4 weeks we will work together in a group coaching setting to jumpstart your wellness goals and hone in on what it means to live a life in balance and bliss— free from restrictive dieting and over-exercising! Please read the following. If anything is unclear, please ask.

This Agreement is entered into between you (client) and Jessica Suchan (coach). The Program in which you are about to enroll in will include all of the following:

- A. 2 (90 minute) Zoom Calls w/ Holistic Health Coach Jess Suchan
 - B. 1 (45 min + 15 min Q&A) Zoom Call w/ Hormone Health Expert Candace Burch
 - C. 1-2 Guest Speakers (45 mins + 15 min Q&A) via Zoom Call
 - D. Closed Facebook support group
 - E. Curated Pinterest Board w/ recipes + suggested products
 - F. Worksheets, promo codes and surprise giveaways!
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PROGRAM COST

The client understands that the regular cost of the *4 Weeks to Balance & Bliss* Group Coaching Course is **\$249**. When applicable, the early bird cost is **\$199** but must be purchased prior to the cut off date for these promotional prices. Payments will be processed directly via PayPal.

ZOOM CALLS

I would love for you to be in attendance on all of the Zoom calls but I understand that work, life and relationships happen so if you must miss any of the calls, please check the Facebook group where they will be uploaded shortly after the call. You can access these videos as frequently and for as long as you like!

REFUNDS

There are **no refunds** on group coaching courses. That being said, if you are nervous about missing calls, all sessions will be recorded so you can still benefit from the information and receive support via the closed Facebook support group!

EMAIL SUPPORT

If you have questions outside the zoom sessions, please feel free to email me at jess@bodyblissbyjess.com. Please allow **24 hours** for responses. Messages sent after 7pm will be responded to the following day.

DISCLAIMERS

My coaching packages, sugar cleanse and recipes are all dedicated to providing you with the support and accountability you deserve to help you form a more blissful relationship with food that you can enjoy longterm! All food and supplement recommendations, lifestyle changes etc come purely from my personal research and the knowledge/skills I have acquired as a board certified Holistic Health Coach from the Institute for Integrative Nutrition. The Client understands that the role of the Coach is not to prescribe or assess micro- and macronutrient levels; provide health care, medical or nutrition therapy services; or to diagnose, treat or cure any disease, condition or other physical or mental ailment of the human body. Rather, the Coach is a mentor and guide who has been trained in holistic health coaching to help clients reach their own health goals by helping devise and implement positive, sustainable lifestyle changes. The Client understands that the Coach and all guest speakers are not acting in the capacity of a doctor, licensed dietician-nutritionist, psychologist or other licensed or registered professional, and that any advice given by the Coach and/or guest speakers 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 supplements use with his or her doctor, and should not discontinue any prescription medications without first consulting his or her doctor. The Client has chosen to work with the Coach 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.

PERSONAL RESPONSIBILITY AND RELEASE OF HEALTH CARE RELATED CLAIMS

The Client acknowledges that they take full responsibility for their life and well-being, as well as the lives and well-being of their family and children (where applicable), and all decisions made during and after this program. The Client expressly assumes the risks of the Program, including the risks of trying new foods or supplements, and the risks inherent in making lifestyle changes. The Client releases the Coach 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 the Coach, arising from the Client's past or future participation in, or otherwise with respect to, the Program, unless arising from the gross negligence of the Coach.

ARBITRATION CLAUSE

All disputes arising out of this agreement shall be submitted to final and binding arbitration. The arbitrator shall be selected in accordance with the rules of JAMS. The dispute shall be submitted to arbitration in accordance with the laws of the State of California. The arbitrator's award shall be final, and judgment may be entered upon it by any court having jurisdiction thereof.

CONFIDENTIALITY

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

INTEGRATION CLAUSE

All understandings between the parties are incorporated in this Agreement. Its terms are intended by the parties as a final, complete and exclusive expression of their Agreement with respect to its subject matter and supersede and replace all prior or contemporaneous discussions, negotiations, letters, memoranda or other communications, oral or written, with respect to the subject matter hereof and may not be contradicted by evidence of any prior agreement (either written or oral).

Client name _____ Signature _____ Date _____

Coach name Jessica Suchan Signature *Jessica Suchan* Date 6/8/18