

THE LIVING WELL

Member Commitment & Agreement

Welcome to ***The Living Well!***

As your coach, I want to CONGRATULATE you for investing yourself in a way you *may* never have before.

You'll see from what's included in this coaching experience that it is designed to deliver an extremely high level of accountability, loving support and the right system, so you make **empowered decisions** and take **bold action** toward achieving your goals for your health and life.

You'll also see that the **The Living Well** includes PRIVATE, one-on-one coaching time with me, so you can **accelerate your experience** and have health and lifestyle guidance **focused only on YOU**.

Saying "YES" to this experience means showing up for yourself (and in turn others) in a whole new way, mentally, energetically, spiritually and physically.

I believe, a healthy Christ centered lifestyle is the KEY to achieving everything you want. Asking for support and being open to new ways of thinking is essential as well. Also being willing to be challenged to go outside of your comfort zone will help you make your *goals* a reality. Scripturally, Ecclesiastes 5:3 reminds us that dreams come from much action not many words.

In order for you to get the most out of you experience in *The Living Well*, you agree to make the following commitments.

Your Commitment to The Program Includes:

- Reading this agreement prior to making your investment.
- Being authentic, honest, and speaking up for what you want
- Letting me know about any personal situations that may interfere with your experience in The Living Well
- Letting it be okay not to know all the answers
- Be willing to take risks, try new things and stretch beyond your current experience
- Being responsible for your own results, which includes proactively asking for support, scheduling coaching calls and using your program benefits
- Honoring the investment you are making in yourself by handling any situations that may take you away from your experience
- Being patient with yourself and resting periodically to "catch up"
- Honoring our relationship by being direct, truthful, and open so we can go farther, faster
- Celebrating your wins, shifts, achievements and excitement throughout the program
- During your one-on-one coach conversations with me you will attend all calls on time and refrain from multi-tasking during calls

THE LIVING WELL

Member Commitment & Agreement

My Commitment to You Includes:

- Believing in you and your ability to achieve your vision of success
- Sharing in-depth information and knowledge with you so you can move forward with your goals much more quickly than you would on your own
- Being prayful with you and The Living Well during our time together and asking Christ to be my words and light onto my path
- Allowing you to be 100% authentic and fully YOU
- Holding you accountable to act from your highest self that God created you to be, even when you may not feel that way
- Being in integrity and honest at all times
- Holding high standards for you and for myself
- Being kind and patient with your progress so that you know you always have a safe place to express where you are
- Sharing creative action steps, ideas and inspiration without the need to have you “like” them (if you don’t like an action step or an idea that we create, no problem—we’ll create another one or you’ll be inspired to create your own)
- Laser-coaching you to find solutions to challenges that may come up
- Coaching you to your highest self and supporting you to pursue your highest God-given potential
- Knowing that there are unlimited possibilities available to you, no matter what any particular situation looks like
- Putting Christ’s desire for you and The Living Well Community before my own
- Creating a community of mothers who become growingly outward focused on expanding God’s kingdom

THE LIVING WELL

Member Commitment & Agreement

What You'll Receive in The Living Well:

- 12 Weekly, Private, One-On-One Coaching Sessions

In these coaching calls, I'll share curated information and customized coaching exercises that are GUARANTEED to accelerate your results and help you achieve major breakthroughs

- 8 weeks of group faith based coaching

Based on the morning practice and journal " Morning Coffee with Jesus." This program includes group sessions because fellowship is essential for our spiritual growth and for experiencing the richness of God's grace. You will be guided through a 5 minute morning practice based on the "Morning Coffee with Jesus" Journal to renew your spirit and follow through with spirit led action.

- 12 self paced sessions in the New Year through ARISE.

Amplify your productivity while deepening your relationships with family and Christ in ARISE. You don't have to choose between getting it all done , taking care of personal needs or being present for your family. "You can do all things through Christ, who strengthens you. " In 12 weeks you will create a clear roadmap for reaching a place where you are able to enjoy the freedom of experiencing true productivity while enhancing your relationships .

- 3 weeks of support to create foundational practices in FOUNDATIONS.

After a year in The Living Well we return to where we started. We recommit and refine our best foundational practices from your new baseline.

***Throughout the year this program is also offered as the gateway for you to invite your friends to The Living Well for a four week "visit." It is your invitation to them to come and join the community.*

- Email & Text Support Between Sessions

- Customized Done-For-You Materials Such as Checklists, Recipes, Handouts and More

This program doesn't exist to give you MORE information; it exists to give you CURATED information. What that means is that what you can expect is information that is relevant, practical and actionable, so you can stay out of overwhelm and in action.

- A Community accessible through The Living Well [Exclusive] Facebook group
- Special Group coaching Sessions
- Exclusive guest talks from fellow mothers and coaches
- Short "pop-up" series and coaching in The Living Well Exclusive group
- Special gifts and more!

THE LIVING WELL

Member Commitment & Agreement

Program Dates:

The Living Well is open for enrollment through Foundations. After your Foundations program you have the invitation to stay for one year from the date you started Foundations.

Scheduling Your 12 One- on- One Sessions:

- Sessions are 60-minutes long, please schedule 60 minutes in your and hold this space for yourself
- Sessions are scheduled weekly for 12 weeks at a mutually agreed upon time during your yearly membership; I recommend scheduling your sessions on the same day and time each week.
- To get the most out of your sessions, please arrive to all sessions on time
- The 12 one – on-one sessions expire if all sessions have not been completed within your yearly membership and do not carry over.

Cancellation Policy:

- You receive 1 “emergency reschedule” during your 12 signature one-on-one coaching calls, which means you can cancel a session within 48 hours and still reschedule the session.
 - Any other canceled sessions with less than 48 hours-notice will be forfeited

THE LIVING WELL

Member Commitment & Agreement

Investment & Refunds:

As The Living Well Exclusive community grows, so will the opportunity for a richer experience. As a founding member you receive a special offer to invest in The Living Well with the opportunity to invite your friends to experience Foundations and consider becoming a TLW founding member as well.

The Living Well is , at present, a value of \$1597/yr.

The investment if paid in full for Founding Members is \$1397.00/yr for as long as you are in the community. *

A Monthly Membership is available for \$133 over 12 payments if you opt for a payment plan .

*As The Living Well Exclusive grows and value is added to the year long experience the membership investment will reflect the new program value. As a founding member you will continue to invest the locked in investment of only \$1397.00 as long as you renew your membership on time every year.

If a member does not renew after the year however decides to return at a later date or once the membership fee is past due, the membership investment reflects the new rate.

- In the event of your absence or withdrawal, for any reason whatsoever, you will remain fully responsible for the entire Program fee and any unpaid balance
- This refund policy exists for your benefit as well, as coaching is a powerful process and at times, you may feel “up against a wall” or as if something isn’t working
- Feeling uncomfortable is often a perfect sign that you are releasing obstacles and limiting beliefs
- My request is that any and all concerns regarding assignments and coaching be addressed directly with me, so I can be the best coach and mentor to you that I can be, and ensure the coaching relationship is in integrity
- Working together, we will be able to make sure your needs are met

THE LIVING WELL

Member Commitment & Agreement

ADDITIONAL ITEMS

DISCLAIMER

You (sometimes referred to herein as “Client”) understand that the information received from me (sometimes referred to herein as “Coach”) in connection with the Program or otherwise should not be seen as medical, nursing or nutrition advice and is certainly not meant to take the place of your seeing licensed health professionals, including your doctor.

You understand and agree that (i) I am not providing health care, medical or nutrition therapy services and will not diagnose, treat or cure in any manner whatsoever, any disease, condition or other physical or mental ailment of the human body, (ii) I am not acting in the capacity of a doctor, licensed dietician-nutritionist, massage therapist, psychologist or other licensed or registered professional, and (iii) you have chosen to work with me and participate in the Program voluntarily.

As your Coach, I encourage you to maintain a relationship with your primary care physician or doctor. In the event that you do not have one and/or do not have routine physicals, I encourage you to do so. Do not discontinue or change any treatment plan that you may be on as a result of our sessions without discussing the change with your doctor.

RELEASE

You acknowledge and take full responsibility for your life and well-being, as well as the lives and well-being of your family (where applicable), and all decisions made during and after the Program. In furtherance and not in limitation of the foregoing, you hereby and forever waive, release and discharge me, my heirs, executors, administrators, assigns, officers, agents, employees, representatives, executors and all others acting on their behalf (the “Released Parties”) from any and all claims or liabilities for injuries or damages to your person and/or property or that of your family (where applicable), including those caused by negligent act or omission of any of those mentioned or others acting on their behalf, arising out of or connected with your participation in the Program or in connection with services provided by me or the Released Parties.

LEGAL ITEMS

This Agreement may not be modified without the prior written consent of Client and Coach. The waiver by either party of a breach, right or obligation shall not constitute a waiver of any other or subsequent breach, right or obligation. If any provision of this Agreement is found to be invalid or unenforceable for any reason, the remainder of this Agreement shall remain in full force and effect.

This Agreement sets forth the entire agreement between the parties and supersedes all prior proposals, agreements and representations between the parties, whether written or oral, regarding the subject matter herein. Neither party may assign this Agreement without the prior written consent of the other party. This

THE LIVING WELL

Member Commitment & Agreement

Agreement shall be binding upon and shall benefit the parties and their respective successors and permitted assigns. Except as provided to the contrary herein, those provisions of the Agreement that by their nature and context are intended to survive the termination of this Agreement, shall survive any termination of this Agreement.

This Agreement shall be construed and interpreted in accordance with the laws of the South Carolina (state in which the Coach resides) without reference to its conflict of law provisions, and with the same force and effect as if fully executed and performed therein. Each Party hereby consents to the exclusive personal jurisdiction of the State and Federal Courts of South Carolina (state in which the Coach Resides) and acknowledges that venue is proper only in such courts.

If the terms of this Agreement are acceptable, please sign the acceptance below. By doing so, you acknowledge that: (1) you have received a copy of this letter agreement; (2) you have had an opportunity to discuss the contents with me and, if you desire, to have it reviewed by your attorney; and (3) you understand, accept and agree to abide by the terms hereof.

IN WITNESS WHEREOF, Client and Coach agree to the terms and conditions set forth in and have duly executed this Client Commitment & Agreement effective as of the date of Coach's signature as set forth below.

Coach name: _____ Signature: _____ Date: _____

Client name: _____ Signature: _____ Date: _____

WELCOME
to The Living Well [Exclusive]