



The Alexander Method®

Coaching Agreement, Terms & Conditions

Take the time to read this, please! You'll get way more out of your coaching journey, and it's essential that we are on the same page when working together as a High-Performance Coach (me) and Client (you).

RESPONSIBILITY

*Your Coach will do everything possible to support you in achieving your own results and desired outcomes

*You are responsible for the cause of all change in your life.

*Your Coach will work with you to identify solutions and offer suggestions, options, and advice based on their own experience, training, and the information appropriate

*You accept full responsibility for all decisions and courses of action

CONFIDENTIALITY

Your Coach will not divulge that you are in a coaching relationship without your express consent. You, of course, are free to discuss the coaching relationship with anyone at any time.

SCHEDULING

All Coaching Sessions are scheduled in advance by direct agreement between you and your Coach. If for any reason you cannot attend a scheduled Coaching Session, you are fully responsible for informing your Coach and arranging an appointment at least 48 hours in advance. Otherwise, the session



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will be deemed forfeit, with full charge applicable. You are responsible for rescheduling via phone or contact (and receive a reply) via email.

TASKING

Tasks are assigned to assist in accelerating your change and the achievement of your desired results. It is advisable to take responsibility for your assignments and keep yourself accountable in pursuing your optimal growth and development.

FREE EXTRA TIME

There is no extra charge for a brief “catch up calls” between your Coaching Sessions, whether to discuss an issue or concern or share something great! Your Coach provides this free additional service to give your superior value and results.

FREE EMAIL ACCESS

Your Coach is available during the week via email to share wins, seek clarity on actions, or review minor issues. Again, there is no charge for any of the brief “catch-up emails.”

Terms & Conditions

Read these too!

They are part of your agreement with your Coach.

If you wish to cancel the agreement and payments within five business days of the date indicated, you may do so for a full 100% refund minus the cost of any products delivered, such as an intake session. Cancellation of coaching with a 100% refund is only possible in the period between the intake and before the



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1st official session. At any other point, the period of use will be subtracted from the Coaching package fee plus 10% transaction costs.

Notice of cancellation

All notice of cancellation must be in writing and delivered by email to info@alexanderMTD.com or by Whatsapp at least 24hours in advance. No refunds, credits, or rescheduling of the session lost is available for no-shows.

Terms of Coaching

The Coaching Programs are created and sold as whole packages. It is not possible to partially complete a coaching package in any way. If you are enrolled in continuing Coaching for a number of sessions, unused sessions due to quitting the Program may not be eligible for a refund, credit, or transfer.

Suspending Membership

Support memberships with monthly fees may only be canceled at the end of every month via email to info@alexanderMTD.com

Coaching Calls

Extra calls with your Coach during your membership are at the Client's expense and initiated by the Client.

Payment

All Coaching packages must be paid in full before the commencement of the Coaching journey.

The intake fee may be paid separately, seven days before the Intake call. The Coaching package may be paid in the period between the intake and the 1st



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official session, a minimum of a week before the start of coaching. Payment plans are not possible.

Program Changes

The Coach reserves the right to change, modify or cancel any programs as considered necessary. Any such change will be made in consultation with the Client.

Mutual Agreement Cancellation

If at any time either the Client or Coach believes the Coaching Sessions and agreement are no longer serving the needs of the Client, they may initiate a discussion to rectify the situation before canceling the Program or Sessions.

Intellectual Property

All material relating to the Program is subject to copyright and other intellectual property rights. All materials may not be recorded, used, or reproduced without the written permission of the owner.

Indemnification

You understand that all action taken is performed voluntarily and is your own responsibility. Clients should seek independent professional advice before undertaking any physical, business, or investment actions. Client further agree to the release and waiver of liability clause below:

I hereby release, hold harmless and discharge forever the Coach from any and all present and future claims, liability, and demands for property damage, personal injury, illness, wrongful death or other damage or costs or expenses arising as a result of, or in connection with, my participation in the program. I agree not to sue the Coach in connection with any such injury or damage as



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stated above. I hereby voluntarily waive any and all claims, present and future that may be made by me, my family, estate, heirs, assigns or others acting on my behalf and assume all risks arising from the program. I further agree to indemnify and hold harmless, the Coach for any and all claims based on my acts or omissions, or the acts or omissions of others, arising as a result of my participation in this program. I understand that this waiver is intended to be as broad and inclusive as permitted by Law. I affirm that I am of legal age and am freely signing this agreement relying on my own judgment and knowledge. I have carefully read this document and understand and acknowledge that by signing this document, I am giving up all legal rights and remedies, which may be available to me for the acts or omissions of the Coach.

Agreement Section

By entering into a Coaching Agreement either by signing a Coaching Agreement with The Creatives Coach or paying any amount to your Creatives Coach, you agree to abide by the terms and conditions set out above.