

INFORMED CONSENT, CONFIDENTIALITY & LIABILITY

Coaching, supervision, and/or mentoring is partnership (defined as an alliance, not a legal business partnership) between the Coach, Supervisor, or Mentor and the Client in a thought-provoking and creative process that inspires the client to maximize personal and professional potential. It is designed to facilitate the creation/development of personal, professional or business goals and to develop and carry out a strategy/plan for achieving those goals. For the remainder of this liability waiver, 'BYOG, LLC', 'Somawise', 'Somawise Healing Lab', or any of its contractors are referred to as 'BYOG'. By signing below, you are consenting to voluntarily take part in coaching programmes and services, and you accept the possible risks, benefits, and outcomes of participating as, but not limited to, outlined below:

1. BYOG is not a medical professional, nor should they be perceived as such, and are not medically supervised. Only your primary physician can diagnose any medical conditions. Any psychological, health, wellness, or wellbeing guidance is provided in good faith and based on professional research and experience.

Initials _____

2. Client acknowledges that coaching, supervision, and mentoring may include counselling and therapy, but does not involve the diagnosis or treatment of mental disorders as defined by the American Psychiatric Association and that counselling, therapy, and coaching are not to be used as a substitute for psychoanalysis, mental health care, substance abuse treatment, or other professional advice by legal, medical or other qualified professionals. If the Client is currently under the care of a mental health professional, it is recommended that the Client promptly inform the mental health care provider of the nature and extent of the coaching and/or mentoring relationship.

Initials _____

3. Wellbeing Coaching is a very active form of counselling, therapy and/or coaching – not just talking about problems. You will learn skills to handle difficult thoughts and feelings more effectively, so they have less impact and influence over your life. You will clarify your 'values': what matters to you, what you want to stand for, how you want to treat yourself and others. You will work to unveil the mental climate, hidden assumptions, body states, and unconscious dynamics that run your life.

Initials _____

4. Client is solely responsible for creating and implementing his/her own physical, mental and emotional well-being, decisions, choices, actions and results arising out of or resulting from the coaching relationship and his/her coaching calls and interactions with the Coach. Client acknowledges that coaching is a comprehensive process that may involve different areas of his or her life, including work, finances, health, relationships, education and recreation.

Initials _____

5. Services may be provided by technology, including video, phone, text, and email. You will need access to, and familiarity with, the appropriate technology to participate in the service provided. There are risks in transmitting information over the internet that include, but are not limited to, breaches of confidentiality, theft of personal information, and disruption of service due to technical difficulties. It is the client's responsibility to maintain the confidentiality and privacy of communication on their end of communication. Client acknowledges the following inherent risks when agreeing to receiving telehealth services: 1) Electronic data can be recorded, circulated, forwarded, stored electronically and on paper, and broadcast to unintended recipients, 2) Backup copies of electronic data may exist even after the sender and/or the recipient has deleted his or her copy, 3) Employers have a right to inspect emails sent through their company systems, 4) Email and texts can be used as evidence in court.

Initials _____

6. I understand that using and/or participating in BYOG products, programs and services involves inherent risk of injury to me, whether or not I or someone else causes it. I understand and voluntarily accept these risks and agree that BYOG will not be held liable for any personal, bodily, or mental injury, economic loss, or any damage incurred by me or anyone related to me.

Initials _____

7. CANCELLATIONS AND TARDINESS – All cancellations must be received at least 24 hours before the start of sessions to avoid being charged. Late start times do not mean a session is longer than the scheduled appointment.

Initials _____

8. CONFIDENTIALITY – Everything discussed and all information provided to BYOG will remain strictly confidential – between the client and BYOG – unless BYOG feels there is an inherent risk of harm to self or others, at which point communication with appropriate supervisory, professional, or authority figure would be required and necessary.

Initials _____

This agreement is governed by the laws and regulations of the resident country of the contractor fulfilling the work and any dispute shall be resolved in the contractor's resident country. Any claims brought against contractors must be submitted to the court of law where the contractor's insurance coverage applies.

Name: _____ Signature: _____ Date: _____