

PROGRAM AGREEMENT

WELCOME to your Transformational (7 or 12 Session) Intensive Program!

As your coach, I want to CONGRATULATE you for investing in yourself and for your future. 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 actions toward achieving your personal goals as well as your profitable future goals.

You will also see that TRANSFORMATION includes your choice of either ONE ON ONE weekly coaching time with me, or Transformational GROUP Coaching for an Intensive Group Experience, either way accelerates your growth rapidly.

If a person is emotionally ready, has some stability in all personal areas of their life, then making changes and building a new future will be on solid ground. If a person is emotionally unstable, unskilled, unhappy, not- fulfilled, yet lacks the skills to change and materialize their dream goals, it will be more difficult. Thus, it will take courage, determination, active change, follow-through and understanding of all of this, in order to achieve those goals. We need both. Figuring out your needs and wants, what you already possess and what you lack is part of this process and for you to be open to make those changes.

This program includes 2 sections of personal focus in both models, either 1x1 Coaching/mentoring or Group Coaching/mentoring: In other words, this is what you get for the cost.

WHAT DO YOU RECEIVE FOR YOUR MONEY AND TIME?

Investment in yourself: How to balance personal needs and business needs. The CHANGE it takes for CLARITY in Mental, Emotional, Spiritual, Physical and Psychological NEEDS in order to EXCEL in all areas of your life , especially in order to experience a successful relationship, run a business and provide self-care for who? You, as well as others. Develop permanent skills for LONGEVITY.

Saying "Yes" to this experience means showing up for yourself in a whole new way, mentally, energetically, spiritually and physically and Intellectually on time.

NO EXCUSES, or you receive nothing you paid for. This is the KEY to obtaining everything you want. So is asking for support and being open to new ways of thinking. PLUS, being willing to be challenged to go outside your comfort zone will help you make your Total Transformation a reality that much faster. No matter what your Dream is, it can become reality. In order for you to get the most out of your Total Transformation, you agree to make the following commitments.

YOUR COMMITMENT TO THE PROGRAM INCLUDES:

*Reading, signing, this "Agreement" to me prior to your first session. * Attending all coaching calls on time and refraining from multitasking during calls. *Being authentic, honest, and speaking up for what you want. *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 situation 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.

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 personal goals and business goals more quickly than you would on your own.
- Allowing you to be 100% authentic and fully YOU.
- Holding you accountable to act from your highest self, even when you may not feel that way.
- Being in integrity and honest at all times.
- Holding high standards for you and for myself.
- Be 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 the highest self and to achieve your highest potential.
- Knowing that there are unlimited possibilities available to you, no matter what any particular situation looks like.
- Caring deeply about your success.

WHAT YOU'LL RECEIVE IN THE TOTAL TRANSFORMATION PROGRAM:

1. 7 Weekly, One-On One "Coaching through the Book". \$340

2. 12 Week Individual Coaching. \$1,200
3. 12 Week "Chemical Addiction Recovery After-Care Program (6 months Sobriety) - \$1,500

All Programs include coaching you through the Book Exercises with no extra cost

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. 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 so you can see transformation in your body, mind, and emotions, to visualize your Dream and make it happen and accelerate your business development.

CHOOSE YOUR PROGRAM: ZOOM ID# 218 747 5057, Password: FUNTIME. (ALL CAPS).

Your only access to this Zoom ID is specifically for the day and time above.

(1) 7 Weekly, One-On One "Coaching through the Book".

Scheduling "DAY" of the week: _____.

Scheduling Time: _____ (PST COACH TIME ZONE)

DIFFERENT TIME ZONE FOR CLIENT:

_____ (MT) _____ (EST) _____ (Central)

(2) 12 Week Individual Coaching.

Scheduling "DAY" of the week: _____

Scheduling Time: _____ (PST Coach time zone)

DIFFERENT TIME ZONES FOR CLIENT:

_____ (MT). _____ (EST) _____. (Central).

(3) 12 Week "Chemical Addiction Recovery After-Care Program (6 months Sobriety)"

Scheduling "DAY" of the week: FRIDAY EVENINGS

Scheduling Time: 5:30 PM TO 6:30 PM (PST Coach time zone)

DIFFERENT TIME ZONE FOR CLIENT:

_____ (MT) 6:30 PM TO 7:30 PM

_____ (EST) 8:30 PM TO 9:30 PM

_____ (Central) _____

SCHEDULING:

- Sessions are 60 minutes long, however, please schedule 70 minutes in your calendar in case sessions go over start a bit later.
- Sessions are scheduled weekly for 12 weeks during your 90-day program; I recommend scheduling your 1x1 sessions on the same day and time each week. The scheduling for GROUP SESSIONS will be on the same day and time each week.
- To get most out of your sessions, please arrive at sessions on time. The Program expires if all sessions have not been completed within 30 days after the completion date specified above.

CANCELATION POLICY

- You receive 1 "emergency reschedule" in your Program, 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.

REFUNDS

- 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. Your Coach has the last decision.
- 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.

DISCLAIMER

You, "the client" understand that the information received from me "the 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 you seeing licensed health professionals, including your doctor.

You understand and agree that (1) 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. (11) I am not acting in the capacity of a doctor, licensed dietician-nutritionist, massage therapist, psychologist or other licensed or registered professional, and (111) 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 leaving this Coach/Mentor harmless, releasing her of all liability incase you become mentally, physically, psychologically unstable or suicidal during or after your program ends.. In Furtherance and not in limitation of the forgoing, you hereby and forever waive, release and discharge me, my heirs, executors, administrators, assigns, officers, agents, employee's, employer's, 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 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 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 State of Oregon, without reference to its conflict of law provisions, and with the same force and effect as if fully executed and performed therein. Each Part hereby consents to the exclusive

personal jurisdiction of the State and Federal Courts in Oregon 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: (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/Mentor Name: Carol Leming Signature: _____

Signed Date: _____

Client Name: _____

Signature: _____

Signed Date: _____

CONGRATULATIONS

AND WELCOME TO YOUR TOTAL INTENSIVE TRANSFORMATIONAL PROGRAM