

Terms and Conditions

Coaching with Amy Carruthers

COACHING TERMS AND CONDITIONS

Welcome to your life coaching container. I'm so excited to partner with you in this phase of your journey. Below are set out the terms of our work together. Please read this agreement in its entirety and sign below.

THE STRUCTURE OF OUR SESSIONS

Dates and times of our sessions will be mutually agreed. We agree to be diligent and to be punctual for our meetings so that we can make the most of our time together. We will do our best not to cancel or reschedule out of respect for each other's schedules, but if we do have to reschedule, we will give each other a minimum of 48 hours' notice (except in extenuating circumstances).

Please note, that in person sessions cancelled with less than 48 hours notice may incur a room hire fee of either £10 or £13 (depending on the agreed location).

If you are running late for a session (in person or online) I will wait for 15 minutes before rescheduling the appointment for another occasion. If you completely miss a scheduled appointment with no notice, this will be counted as one of your used sessions. If intended to be in person, it will also be subject to a room hire fee.

Please contact me via email: welcomhome@letsgetbacktoyou.co.uk or via phone to notify me of any changes or amendments you may need.

As you continue to explore outside of our sessions, you can use Whatsapp, to share any thoughts or experiences with me that you'd like to revisit, reflect on, or unpack during our time together. I am available for response during my Whatsapp office hours: 10am to 3pm, Tuesday, Wednesday and Thursday.

We will check in regularly to make sure that the coaching container is meeting your needs and expectations. This agreement may be extended following the initial coaching period, if additional sessions are felt to be needed. These will be mutually agreed and subject to the same terms.

SERVICES

During our work together a combination of tools and techniques will be suggested to support your growth and development. Everything we do, everything I bring to you in our coaching sessions, is an invitation to explore. Ultimately, you are in charge and it's entirely up to you what you engage with, and to what extent, as we go forward. I encourage you to take what serves you and leave what doesn't, to remain open and curious. Together, we'll use a unique blend of conversation, trauma informed coaching, deep listening, mindset and emotional work, journalling, energetic and body based practices to support gentle self enquiry, compassion and empowerment.

CONFIDENTIALITY

The coaching container is a safe, confidential space and everything you share during our work together is held with the greatest respect and trust. For legal and ethical reasons there are some limitations to that confidentiality. I may need to speak to someone else if during the course of our work I become concerned about yours or someone else's safety. I may also need to share information with others if it relates to the safeguarding of children and/or vulnerable adults, the commission of a crime, terrorism or if I am compelled to do so by court order. You find out more about safeguarding at Let's Get Back to You, [here](#).

Please note: text messages and emails you share might occasionally be used on social media. This will always be done anonymously, unless permission is given to share the participant's name.

REFUNDS

Finding the right coach and the right support is deeply personal. If during our work together we find that we're not a good fit, or if your support needs are different to what I can offer (for example if therapy might be a more appropriate container) either party may cancel this agreement without recourse and obtain a refund for the number of full sessions unused at that date (if applicable).

RESPONSIBILITIES OF THE PARTICIPANT:

Whether taking part in in person sessions or online coaching, it is up to the individual to assess whether they are ready for the programme or session that they have chosen.

During and after any coaching, breathwork, meditation, energy work and/or self reflection, it is possible that heavy emotions may arise for integration and healing. Whilst understanding that support is available within the space of the session, in signing below you take full responsibility for your emotional, mental and physical wellbeing during our time together and the time afterwards. You create your own experience, and truly any emotions that arise are welcome, for they signify change and release.

This practice of coaching may include recommendations of: physical movement, energy work, embodiment, meditation and breathwork which requires you – the participant – to gauge the safety of your practice within your personal physical limitations. It is always better to build up slowly than to force and strain. Whilst one may feel exertion one should also feel relaxed.

Advice, guidance, practices, techniques and suggestions issued by Amy Carruthers as part of the coaching session(s) are taken at your own risk and should not be used in place of medical or professional advice. It is the participant's responsibility to ask questions, do their own research and stay in open and honest communication with Amy throughout the programme or session. You are also strongly recommended to consult your Medical Practitioner before beginning any new wellbeing programme.

Amy Carruthers assumes no responsibility for injuries suffered while practicing any given techniques. You are responsible for ensuring that the selection of exercises (physical, emotional, mental and spiritual) and the intensity of practice are appropriate for you, based on your health history and your level of fitness, mental and emotional health.

Coaching sessions/classes/events of this nature can potentially catalyse personal and spiritual growth in each of us, likely to activate healing and change. In participating in a coaching session you acknowledge that you feel ready for this and also acknowledge that it is not the responsibility of Amy if such changes do or do not occur.

DECLARATION:

I understand and acknowledge that the coaching sessions, discussions, consultations, techniques, and teachings/videos, I have:

1. Are not intended to replace any relationship I have with my medical doctor and/or primary health care provider(s);

2. Are not intended to constitute medical advice or any substitution for medical care;

3. Are not intended to be relied on for prescriptions, recommendations, diagnosis or treatment in relation to any health problem or disease;

4. I also understand that even though I have been accepted as a participant, I am responsible for any consequence resulting from any and all session(s). Since any and all session(s) is experiential and the extent of any and all session(s) risks and benefits are not fully known, I agree to assume and accept full, complete responsibility for any known and unknown risks associated with my participation in any and all session(s), including any physical injury, psychological or emotional effects, death, loss, or property damage.

5. If I am injured during a practice I understand that Amy will be unable to provide treatment. If injured I will be responsible for seeking treatment with my own Medical Practitioner.

6 If I feel unwell during coaching sessions/breathwork/mediation/movement/self reflection I will cease the practice immediately and seek medical advice.

7. I fully release from liability and waive all legal claims against Amy Carruthers or its trainers, for injury or damage I may incur during participation in any of the above mentioned activities.

I further acknowledge that I have read this form in its entirety and understand my responsibility. I accept the risks, rules and regulations set forth. Knowing these, and having had an opportunity to ask questions which have been answered to my satisfaction, I consent to participate in the programme.