

## WAIVER AND RELEASE OF LIABILITY

Welcome to Olaf Moves Coaching! Before participating in our health and wellness Services, we ask you to take the time to thoroughly read, understand, and agree to this Waiver and Release of Liability (the “**Waiver**”). If you have any questions at all, please contact us before signing this so we can be sure to be on the same page.

The purpose of this Waiver is to help protect both you and us. For your benefit, we want to be crystal clear that health and wellness coaching comes with risks. Although these risks cannot always be predicted, we want to make you aware of some of the most common and most dangerous ones so that you can take proper precautions and make a more informed decision about whether our Services are right for you.

This Waiver also protects us from lawsuits because we cannot operate and help our clients if we have to be fearful of being sued, whether the claims are real, perceived, or frivolous. We do our best to provide the best information possible, but ultimately, your health choices are yours alone. For this reason, by signing or otherwise agreeing to this Waiver, you will be agreeing not to sue us for any reason, regardless of fault. You will also be bound to all other terms of the Waiver.

**1. Parties.** We are OLAF MOVES LLC, a Limited Liability Company based in the State of Florida. In this Waiver, we will refer to ourselves as “**Olaf Moves Coaching**,” “**us**,” “**we**,” and “**our**.” We’ll refer to you, the undersigned (electronically or by hand), or the person who has clicked “I Agree” (or something similar) to this Waiver, as “**you**” or “**your**.”

**2. The Services.** While with us at Olaf Moves Coaching, you may receive the following empowering and transformative services and more (the “**Services**”):

**2.1** Health and Financial Wellness Coaching; Health and Financial Wellness Programs; Movement Training.

**2.2** The Services include all services we make available for online streaming and participation, all of our pre-recorded audio or visual material, and services that take place outside of Olaf Moves Coaching’s facilities, including outdoors or at your home.

**2.3** The Services also include our recommendation or sale of products or third-party services. We may receive affiliate commissions from any such sales. If you have any questions about this, please consult our Privacy Policy or ask us directly.

**2.4** Please note that this list may not be comprehensive. Health and wellness coaching is an evolving field in which practitioners continually learn new and improved techniques and modalities. Therefore, this Waiver will apply fully even if you receive a Service not explicitly listed here.

### **3. Qualifications.**

We hold no professional certification or qualifications.

### **4. Scope of Practice.**

**4.1** Here is what we will be doing together: We will provide Health and Wellness Coaching services, including, but not limited to, information and general suggestions regarding food, movement, exercise, sleep, stress management, financial wellness, behavior and lifestyle choices. We also provide movement training and exercise instructions. The services might be provided in person or remotely.

**4.2** Here is what we will not be doing together: We do not provide healthcare, medical, or nutritional therapy services or attempt to diagnose, treat, prevent, or cure any physical, mental, or emotional issues. We also do not provide any financial advice or services. The information provided on my website/material or during coaching sessions is for informational purposes only and does not constitute medical or financial advice, and is not intended to substitute professional medical advice, diagnoses, treatment or financial advice and services. We give no guarantees regarding any health, financial, general wellness, behavior or any other goals set or discussed during any in-person, audio/visual or electronic communication.

**5. Inherent Risks.** You understand that receiving the services may pose inherent risks, some more serious than others. These risks can result in serious harm and injuries that could change your quality of life, your ability to earn an income and, in very rare and extreme circumstances, could even result in death.

**5.1 Risks from diet change, supplements, and detoxes.** Whenever you put something new into your body, there is a risk. Here, we list some relatively common and some uncommon but very serious inherent risks.

**5.1.1 Relatively Common Risks.** While many people experience no side effects when changing their diet, taking new supplements, or detoxing, others do. Some relatively common risks and side effects include headaches, diarrhea, loose stool, stomach/gut pain or inflammation, vomiting, exhaustion, sleep issues, and over-supplementation or improper supplementation of nutrients.

**5.1.2 Allergies.** You may have a previously unknown allergy to a new food or supplement. Specific symptoms and side effects of allergic reactions can be unpredictable and can range from mild discomfort and nausea, to fever and rash, to hospitalization and death. It is simply impossible to list every risk of an allergic reaction. Therefore, if you have strong allergic reactions, please be aware of the ingredients of anything we recommend and consult your doctor or other medical professional as necessary.

**5.1.3 Pre-existing Medical Conditions.** As with allergies, we cannot list every possible medical condition and the associated risks. However, if you have any liver or kidney conditions or diseases, type 1 diabetes, or if you are pregnant or breastfeeding, we do not recommend detoxing and suggest you be very careful about diet changes or starting new supplements. Additionally, if you have had a stroke, heart or circulation issues, gallbladder problems (or removal), blood clots, or have had your stomach stapled, you should be extra cautious and consider talking to your doctor before commencing any change in your diet, supplements, or detoxing.

**5.1.4 Interaction with Pharmaceuticals.** If you are taking pharmaceuticals, you should be aware that they can be counteracted, enhanced, or otherwise affected by the food and supplements you take. Some particular pharmaceuticals of concern include blood thinners, blood pressure medication, and heart medications, but there are many more. If you are uncertain about how any food or supplement will interact with a pharmaceutical you are taking, we suggest that you discuss this with your pharmacist or doctor beforehand.

**5.2 Outdoor Activities.** If the Activities are being performed outdoors, there are additional risks such as tripping or collision with human or natural elements, sun exposure, dehydration, insects and plants that may cause allergic reactions, exposure to infections, diseases, pollutants, and other environmental factors. You understand and agree it is your responsibility to ensure a safe space and environment to perform the Activities.

**5.3 Risks from Physical Exercise.** While physical exercise is an important part of your overall health, it is important to know your own body and not push yourself too far, too fast. Some common risks associated with physical exercise may include soreness, muscle tears and strains, sprained ligaments, bruises and broken bones (from falling), dizziness and fainting, and nerve injury. While very uncommon, it is possible for

someone pushing themselves too far to have a heart attack or other serious ailment. Please be careful and listen to your body.

**5.4 Life Coaching.** Life coaching can touch many areas of your life, including mental health, career, family, friendships, and more. In the course of receiving life coaching services, you may begin changing your life in many ways. For example, you may confront difficult issues and realize suppressed thoughts or feelings. There is a risk this could lead to distress, depression, anxiety, and other mental health concerns as you work on yourself. You may also experience changes to your relationships, both positive and negative, as you reevaluate your personal interactions. Additionally, you may make changes associated with your career, which could lead to a loss in income. Although we provide you with the best information and support we can, there is a risk that your changes result in short or long term negative effects.

**5.5 Business Coaching.** We do our best to give you the best business coaching possible so you can reach the next level of success. That said, every decision comes with risk, and sometimes things do not work out as planned. Ultimately, your business decisions are solely your responsibility. By signing this Waiver, you accept responsibility for any outcomes, and you agree that Olaf Moves Coaching is not responsible for any loss of income to your business or any other negative consequences that may result from any changes to your business that you choose to implement during or after receiving the Services.

**5.6 Financial Coaching.** We do our best to give you the best financial coaching possible so you can reach the next level of success. That said, every decision comes with risk, and sometimes things do not work out as planned. Ultimately, your financial decisions are solely your responsibility. By signing this Waiver, you accept responsibility for any outcomes, and you agree that Olaf Moves Coaching is not responsible for any losses from your investments or financial strategies or any other negative consequences that may result from any changes to your financial, investment or tax strategy that you choose to implement during or after receiving the Services.

**5.7 Group Coaching.** The risks we discuss above may be enhanced when receiving coaching in a group setting. Every body, mind and soul is different. Solutions that benefit most people, may have the opposite effect for you.

**6. Affirmation of Health.** By agreeing to receive the Services, you agree that you are healthy enough to receive them. If you are unsure, you affirm that you have sought medical advice and consulted with your primary care physician to determine that these are the right treatments for you and do not pose a significantly increased risk to your health. **If you have**

**any pre-existing medical conditions, physical injuries, or weakness or are pregnant or post-natal, you should consult with your doctor first before engaging with the Services.**

**7. Alcohol and Prohibited Substances.** You are strictly forbidden from participating in the Activities while under the influence of alcohol or any other substances that may alter your perception or ability to be present and focused.

**8. Medical Disclaimer.** You fully understand that Olaf Moves Coaching is not a medical professional and that the Services and any information, consultation and facilitation provided by Olaf Moves Coaching do not constitute medical treatment or advice. You acknowledge and agree that your use of any dietary, lifestyle or wellness recommendations or information is completely voluntary, and you are solely responsible for freely choosing to implement them. Regarding any physical or mental health problems, ailments, conditions, eating disorders, or other diseases, you are now being advised that it is your responsibility to obtain competent medical advice from a licensed medical or mental health professional. You understand and agree that any service rendered by Olaf Moves Coaching is not designed to diagnose, cure or prevent any disease, pain, deformity, injury, or mental or physical condition of any kind. You hereby agree to this waiver and release us freely and voluntarily. You affirm you have had the opportunity to discuss this Agreement with your own independent legal counsel prior to agreeing to it. You acknowledge that Olaf Moves Coaching would not otherwise offer the Services if not for this waiver and release agreement.

**9. Financial Disclaimer.** You fully understand that Olaf Moves Coaching is not a financial professional and that the Services and any information, consultation and facilitation provided by Olaf Moves Coaching do not constitute financial or investment advice. You acknowledge and agree that your use of any financial, lifestyle or wellness recommendations or information is completely voluntary, and you are solely responsible for freely choosing to implement them. Regarding any financial problems or liabilities, you are now being advised that it is your responsibility to obtain competent financial advice and help from a licensed financial professional. You understand and agree that any service rendered by Olaf Moves Coaching is not designed to tell you what to do with your money or investments. You hereby agree to this waiver and release us freely and voluntarily. You affirm you have had the opportunity to discuss this Agreement with your own independent legal counsel prior to agreeing to it. You acknowledge that Olaf Moves Coaching would not otherwise offer the Services if not for this waiver and release agreement.

**10. Voluntary Assumption of Risk.** You have read this Waiver and understand the risks of receiving the Services provided by Olaf Moves Coaching. By signing, electronic signing, or

clicking "I Agree" (or something similar), you are confirming your voluntary engagement and assumption of the risks of the Services.

**11. Release, Waiver and Indemnity.** You hereby release, hold harmless, indemnify and waive any claims against OLAF MOVES LLC and its members, owners, directors, officers, contractors, employees, affiliates, volunteers, associates, landlords, agents, executors, administrators, successors, family members and assigns (the "**Released Parties**") with respect to any and all liability and damages incurred during, or in any way associated with, your participation in the Services with Olaf Moves Coaching, however caused, including as a result of the **Released Parties**' negligence, including but not limited to damage to or loss of personal property, personal injuries, death, illness, or any cause of action related to premises liability. You are releasing the Released Parties at your own risk, and you agree to forfeit any and all forms of legal recourse that may be available to you, including but not limited to any form of damages, as a result of your participation in the Services. You agree that this provision applies to you, your family, heirs, executors or anyone else who may be able to bring a legal action on your behalf in the future.

**12. Continued Agreement.** Your agreement to this Waiver will act as your continued agreement to all ensuing treatments, workshops, and Services, whether in person (inside or outside), online, or via videoconferencing tool.

**13. Arbitration.** Any controversy or claim arising out of or relating to this Agreement or the breach of this agreement shall be settled exclusively by arbitration. You also agree that should arbitration take place, it will be exclusive to the courts of the State of Florida or such other arbitrator mutually agreed upon by the parties. The arbitrator's decision shall be final and binding on both parties and enforceable in any court of competent jurisdiction. The costs of the arbitration shall be borne by the losing party. The arbitration award shall be final and binding upon the parties, and the parties hereby waive any rights to appeal or challenge the award to the extent permitted by applicable law. This arbitration clause shall survive the termination or expiration of this contract.

**14. General Legal Provisions. Choice of Laws and Venue.** This Waiver will be governed exclusively by the laws of the State of Florida. The parties agree to irrevocably submit all claims to the exclusive jurisdiction of the courts of the State of Florida. **Severability.** If any terms or provisions of this Waiver are invalid or unenforceable, the other provisions in the Waiver will remain in full force and effect. **Entire Agreement.** This Waiver constitutes the entire agreement between the parties and replaces any prior agreements. **Online Agreement.** The parties agree that this Waiver may be signed electronically or agreed to by having you click "I Agree" (or something similar), the effect of which will be the same as signing by hand.

I agree that I have read this Waiver and fully understand its contents and voluntarily agree to be bound to all of its terms by checking this box and signing below

(Type "checkbox" name="...", value="100" value="" type="checkbox" Normal Validation "CA" Validation Message "Please check all of the above" Option "I agree that I have read this Waiver and fully understand its contents and voluntarily agree to be bound to all of its terms by checking this box and signing below")

(Type "signature" name="...", value="50" value="" type="text" Normal Validation "NE" Validation Message "Please enter your signature" height="50")

[clientFirstName] [clientLastName], [dateOf]

## Service Agreement

We are very excited to bring you on as a new client! To make sure we are on the same page regarding our services, policies, and expectations, please thoroughly read this Service Agreement (the **"Agreement"**). If you have any questions at all, please reach out to ask us before agreeing.

**1. Parties. This Agreement is made between OLAF MOVES LLC, a Limited Liability Company operating in the State of Florida ("Olaf Moves Coaching," "we," "us," and "our") and you ("you" and "your"), the person who has signed or clicked "I Agree" (or something similar) to this Agreement.**

**2. Our Commitment to You. It is our goal to help you achieve all of your personal wellness goals. With this in mind, we will strive to provide you with the highest quality Health and Financial Wellness Coaching, Movement Training and Health and Financial Wellness Programs, which are outlined in Schedule "A" (the "Services").** In order to provide you with the best possible experience, we will also do the following:

**2.1** Our one-on-one programs will be customized to your unique individual needs, goals and abilities, while group programs will take into consideration the current general levels and profiles of registered participants.

**2.2** We will do our best to clearly communicate with you about the Services, such as preparation instructions, scheduling details, and follow-up information.

**2.3** You can expect to become and remain the best version of yourself.

**3. Qualifications.** We hold no professional certification or qualifications.

**4. Scope of Practice.**

**4.1** Here is what we will be doing together: We will provide Health and Wellness Coaching services, including, but not limited to, information and general suggestions regarding food, movement, exercise, sleep, stress management, financial wellness, behavior and lifestyle choices. We also provide movement training and exercise instructions. The services might be provided in person or remotely.

**4.2** Here is what we will not be doing together: We do not provide healthcare, medical, or nutritional therapy services or attempt to diagnose, treat, prevent, or cure any physical, mental, or emotional issues. We also do not provide any financial advice or services. The information provided on my website/material or during coaching sessions is for informational purposes only and does not constitute medical or financial advice, and is not intended to substitute professional medical advice, diagnoses, treatment or financial advice and services. We give no guarantees regarding any health, financial, general wellness, behavior or any other goals set or discussed during any in-person, audio/visual or electronic communication.

**5. Scope of Practice/Not Professional Medical Advice.**

Please know that the scope of our practice in offering our services is to work with you to raise awareness and work toward best practices for your general health and wellness. We do not offer professional medical advice, and we highly recommend you seek medical professional advice if you feel you have a disease that must be diagnosed or treated.

**6. Our Expectations.** And here is what we expect of you:

**6.1 Respect.** We expect you to show kindness and respect to all staff and everyone you interact with at Olaf Moves Coaching.

**6.2 Time Integrity.** We expect you to show up on time to each scheduled session, ready to participate. We also expect you to honor the cancellation policy detailed below.



**6.3 Communication.** We expect you to be upfront and honest about any health issues you have and your relevant medical history. Also, please let us know if there is anything we can do to improve the Services. We always appreciate constructive feedback from our clients!

**6.4 Commitment.** We expect you to remain committed and keep an open mind.

### **7. Responsibilities.**

You are solely responsible for making any decisions or choices or taking any actions regarding your physical, mental, emotional, financial and other well-being even if these decisions, choices or actions are a direct or indirect result of the coaching relationship with Olaf Moves Coaching. As such, you agree that Olaf Moves Coaching is not and will not be liable or responsible for any of your actions or inactions related to any services provided. You also acknowledge that coaching is a comprehensive process that may involve different areas of your life, including work, finances, health, relationships, education and recreation. You agree that the decision on how to incorporate these areas into the coaching process and what information to share, is entirely your choice.

### **8. Term and Termination**

. This Agreement begins when you sign or agree to it, and it will continue for the duration of the Services as agreed upon between you and Olaf Moves Coaching (the “**Term**”).

**8.1** The Agreement may be terminated by either party at any time by providing three (3) days advance written notice to the other party via email. However, if you terminate the Agreement before the Term is complete, you must make all payments as outlined in Schedule “A” Services.

### **9. Payment. Payment details and cost for the Services are outlined in Schedule “A” Services.**

**9.1 Payment Method on File.** Feel free to keep a credit card or other payment method on file with us. By doing so, you give us permission to charge the payment method for Services rendered or other fees (as applicable).

**9.2 Declined Charge.** If your credit card or debit card is declined, we will need to pause any ongoing Services until you update your payment information and pay the amount due.

**10. Fluctuation of Payments.** You understand that we reserve the right to change our prices and that in your acceptance of these new prices and continued payment, you continue to be bound to all the terms of this Agreement. We will always provide at least 30 days notice before raising any prices and will communicate with you to ensure you are aware of any changes.

**11. Cancellations and Refunds.** You agree to our refund and cancellation policy, as listed below:

**11.1 Refunds.** All sales are final.

**11.2 Cancellation & Reschedule Policy.** If you have to cancel or reschedule a session for any reason, please give 24 hours notice. If you give less than 24 hours notice, we may not be able to reschedule your session.

## **12. Confidentiality.**

We operate and grow in a safe space. Everything shared throughout the Services is strictly confidential. You, on the other hand, are free to share anything you choose to. We may choose to share anonymous information about you for professional or promotional purposes, but confidential or personal information will only be used to complete the Services, except for in the following scenarios:

**12.1** To provide any necessary or relevant information to a medical or healthcare professional or entity

**12.2** As required by law or court order

**12.3** When there is a risk of imminent danger to yourself or others

**12.4** Where there is a reasonable suspicion that a child or any vulnerable person is in need of protection.

Please see our Privacy Policy, which can be viewed on our website <http://olafmoves.com> , for additional information.

## **13. Storing Your Information.**

Any information you share with Olaf Moves Coaching, including but not limited to personal information, forms, worksheets, files, pictures will be maintained by us in a format of our choice (print or digital/electronic) for no less than 3 months after the specific coaching engagement ended, unless earlier deletion is requested by you (see below). We may use 3rd

party web services to store this information. Specifically, the third parties Olaf Moves Coaching may work with are listed below. We've included links to their privacy policies to ensure you are comfortable using them.

**13.1** Coach Accountable (Client Portal): <https://www.coachaccountable.com/privacy>

**13.2** Google Drive: <https://policies.google.com/privacy?hl=en>

Olaf Moves Coaching will be happy to delete any of your Information that it holds upon a written request made by you. It will be safely disposed of by Olaf Moves Coaching.

#### **14. No Guarantees**

Although we will do our very best to help you achieve your goals, the success of the Services ultimately depends on you. For this reason, Olaf Moves Coaching cannot guarantee the success of or any particular outcome from the Services.

**15. Ownership of Materials.** All the content we have provided to you, including but not limited to videos, documents and PDFs, is for your use only and may not be re-distributed or re-used. Olaf Moves Coaching retains all intellectual property rights associated with its content.

**16. Substitute Services. Olaf Moves Coaching has the right to substitute services. This means that if we ever need to switch to online services or asynchronous virtual offerings due to circumstances beyond our control, we have the right to such a substitution for in-person classes, as necessary.**

**17. Affiliate Sales.** Olaf Moves Coaching is dedicated to promoting products and services that will be of interest to our community. In the course of providing our Services, we may recommend, highlight, sell, or link to our affiliates' products and services that may be beneficial to you, and, in some cases, we may receive a small commission from our affiliates. Regardless of whether we receive a commission, we will only link to products and services that we support and that we truly believe will be helpful to you. Please note that in cases where we recommend, highlight, sell, or link to health supplements or similar products, these products may not be approved by the Food and Drug Administration or other agencies.

**18. Medical Disclaimer.** The Services provided by Olaf Moves Coaching are educational and informational in nature and are provided only as general information and do not constitute medical or psychological practice, advice, opinion, diagnosis, treatment or guarantee. The

Services do not create any doctor-patient, therapist-patient or any other professional relationship and are not a substitute for medical diagnosis, advice, treatment, or other professional healthcare. You are responsible for your own healthcare decision-making and should obtain necessary consultations with appropriately licensed healthcare professionals such as physicians and psychologists. Any advice and recommendations provided by Olaf Moves Coaching are not comprehensive and do not include all the potential information regarding the subject matter but are merely intended to serve as one resource for general and educational purposes.

**19. Financial Disclaimer.** The Services provided by Olaf Moves Coaching are educational and informational in nature and are provided only as general information and do not constitute financial or investment advice or guarantee. The Services do not create any professional relationship and are not a substitute for any professional financial or investment advice. You are responsible for your own financial decision-making and should obtain necessary consultations with appropriately licensed financial professionals such as Bankers, Accountants, Financial Advisors or Financial Planners. Any advice and recommendations provided by Olaf Moves Coaching are not comprehensive and do not include all the potential information regarding the subject matter but are merely intended to serve as one resource for general and educational purposes.

**20. Waiver.** Before the Services can begin, you must sign our Waiver Agreement form. Please read it and make sure you understand it. You need to sign, or otherwise agree to, that form as well as this Agreement so that we can be absolutely sure you understand and agree to it.

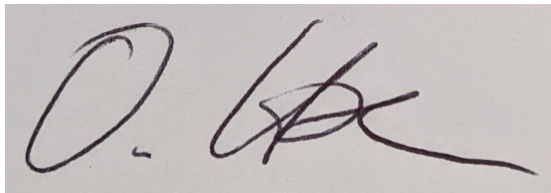
**21. Force Majeure.** Olaf Moves Coaching will not be liable for any failure or delay regarding the Services if such failure or delay is: beyond the reasonable control of Olaf Moves Coaching, could not have been reasonably foreseen or provided against, or due to events such as a pandemic, natural disaster, or other Act of God. In such an event, you will not be entitled to any refunds or recovery.

**22. Arbitration.** Any controversy or claim arising out of or relating to this Agreement or the breach of this agreement shall be settled exclusively by arbitration. You also agree that should arbitration take place, it will be exclusive to the courts of the State of Florida or such other arbitrator mutually agreed upon by the parties. The arbitrator's decision shall be final and binding on both parties and enforceable in any court of competent jurisdiction. The costs of the arbitration shall be borne by the losing party. The arbitration award shall be final and binding upon the parties, and the parties hereby waive any rights to appeal or challenge the award to the extent permitted by applicable law. This arbitration clause shall survive the termination or expiration of this contract.

**23. Standard Legal Things. Choice of Laws and Venue.** This Agreement will be governed exclusively by the laws of the State of Florida. The parties agree to irrevocably submit all claims to the exclusive jurisdiction of the courts of the State of Florida. **Severability.** If any provisions of this Agreement are invalid or unenforceable, the other provisions in the Agreement will remain in full force and effect. **Entire Agreement.** This Agreement constitutes the entire Agreement between the parties and replaces any prior agreements. **Waiver of Breach.** The waiver by Olaf Moves Coaching of any breach by you of any provision of this Agreement will not be taken to be a waiver of any further breaches by you. **Counterparts.** This Agreement may be signed by any number of counterparts, each of which is an original, and all of which, taken together, constitute one single document. **Online Agreement.** We agree that this Agreement may be signed electronically or agreed to by having You click "I Agree"(or something similar), the effect of which will be the same as if we signed this Agreement by hand and the intention of which is that both parties desire to be bound by all the terms of this Agreement.

Made it. Excited to do great things!

AGREED and ACCEPTED:

A handwritten signature in black ink, appearing to read "O. Hansen", is shown on a light-colored background.

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Signature

OLAF MOVES LLC  
Per: Olaf Hansen,  
Owner and Authorized Member

I agree that I have read and understood this Service Agreement and accept all of its terms and conditions by checking this box and signing below

(Type "checkbox" in name, "\_general" in id, "100" in value, "checkbox" in type, "Normal" in validation, "OK" in validationMessage) Please check all of the above options "I agree that I have read and understood this Service Agreement and accept all of its terms and conditions by checking this box and signing below"

(Type "signature" in name, "\_signature" in id, "50" in value, "text" in type, "Normal" in validation, "NE" in validationMessage) Please enter your signature (height: 50)

[clientFirstName] [clientLastName], [dateOf]

## SCHEDULE "A" SERVICES

### Health and Wellness Coaching

Service Name	Details	Duration	Cost
30 Day Health Kickstart	<ul style="list-style-type: none"> <li>• On-Boarding call</li> <li>• Access to Web-based Coaching Platform</li> <li>• Supporting guides and information</li> <li>• <b>Weekly Coaching call for 4 weeks</b></li> <li>• Email support and Quick Check-Ins as needed</li> </ul>	30 days	290 USD
30 Day Health Kickstart	<ul style="list-style-type: none"> <li>• On-Boarding call</li> <li>• Access to Web-based Coaching Platform</li> <li>• Supporting guides and information</li> <li>• <b>Weekly Coaching call for 4 weeks</b></li> <li>• Email support and Quick Check-Ins as needed</li> </ul>	30 days	290 USD

30 Day Health Kickstart	<ul style="list-style-type: none"> <li>• On-Boarding call</li> <li>• Access to Web-based Coaching Platform</li> <li>• Supporting guides and information</li> <li>• <b>Weekly Coaching call for 4 weeks</b></li> <li>• Email support and Quick Check-Ins as needed</li> </ul>	30 days	290 USD
3 Months Health Transformation	<ul style="list-style-type: none"> <li>• On-Boarding call</li> <li>• Access to Web-based Coaching Platform</li> <li>• Supporting guides and information</li> <li>• <b>Weekly Coaching call for 12 weeks</b></li> <li>• Email support and Quick Check-Ins as needed</li> </ul>	12 Weeks	750 USD
Financial Wellness - A six Weeks Intervention	<ul style="list-style-type: none"> <li>• On-Boarding call</li> <li>• Access to Web-based Coaching Platform</li> <li>• Supporting guides and information</li> <li>• <b>Weekly Coaching call for 6 weeks</b></li> <li>• Email support and Quick Check-Ins as needed</li> </ul>	6 Weeks	420 USD
Standard Coaching Sessions	<ul style="list-style-type: none"> <li>• On-Boarding call</li> <li>• Access to Web-based Coaching Platform</li> <li>• Supporting guides and information</li> <li>• <b>1 weekly coaching call for 4 weeks</b></li> <li>• Email support and Quick Check-Ins as needed</li> </ul>	4 Weeks	320 USD
Intensive Coaching Sessions	<ul style="list-style-type: none"> <li>• On-Boarding call</li> <li>• Access to Web-based Coaching Platform</li> <li>• Supporting guides and information</li> <li>• <b>2 weekly coaching call for 4 weeks</b></li> </ul>	4 Weeks	480 USD

	<ul style="list-style-type: none"><li>• Email support and Quick Check-Ins as needed</li></ul>		
FREE Discovery Call		1 hour	0 USD