



General Terms and Conditions

1. Introduction

1.1. This agreement is entered into between Inner Wellbeing Coach, a Dutch based company registered with the Dutch Chamber of Commerce under number 82864292, hereinafter referred to as "the company" and yourself, for professional therapy services. It provides a full description of how I practice so you are thoroughly informed. Please take a moment to read this through.

1.2. By engaging in my professional services, you accept these terms and conditions in full.

2. Confidentiality

2.1. All personal information provided to me during the provision of therapy services will be kept strictly private and confidential.

2.2. I will keep brief records of sessions to document your meetings. These will include date and time of your appointment. Any notes during the session or about you are kept confidential

2.3. I will not use or disclose the information you share with me during your sessions, except as authorised by you or as required by law.

2.4. You understand that on occasion the company may anonymously share generalised information for training of consultation purposes with other professionals. Your identity and any information that could lead to your identification will remain entirely confidential.

2.5. Records of sessions are stored in digital format on a password protected or encrypted computer hard drive, in compliance with the General Data Protection Regulation (GDPR) (EU) 2016/679.

2.6. There are a limited number of circumstances in which I should reveal relevant information about you and it is important that you are aware of the rare legal exceptions where codes of practice on confidential information needs to be broken. These are:

- where there is a risk of serious harm to you or to others, or
- where there is a risk of a serious crime.

2.7. The data you provide is for professional use only. Your email address will never be published or shared. By engaging in my services you will receive a monthly newsletter from which you can unsubscribe at any time.

3. The Company's Commitment

3.1. The Company will provide the therapy sessions through the therapist.

3.2. The Company will provide therapy that is a professional client relationship designed to facilitate the creation and development of personal growth.

3.3. E-mails or texts are welcome between sessions if you would like to share a success, have urgent questions or an issue.

4. Your Commitment

4.1. You agree to pay the Company the fees as discussed and/or as per invoice. Full payment is required at the time of booking without exceptions. A payment link will be provided.



4.2. You enter into this agreement with the full understanding that you are solely responsible for creating your own results. You understand that failure to meet your goals (in whole or part) cannot be guaranteed and no warranties are given.

4.3. You are aware that this therapy is based on CBT and Alternative Therapy interventions. This is not the same as counselling, psychoanalysis or any other forms of mental health care treatment that is not stated on the website by the owner of Inner Wellbeing Coach, nor is it to be used as a substitute for professional advice by legal, medical, financial, business or other qualified professionals.

4.4. If appropriate, you will see independent professional guidance in the areas indicated in 4.3 and you understand that all decisions and actions in these areas are your sole responsibility.

5. Your agenda

5.1. The session agenda belongs to you. If the session is not heading in the direction you would like, if the therapist ever says anything you don't feel comfortable with or if you have a concern with the way the sessions are proceeding, you will let the therapist know immediately.

6. Admin

6.1. The session may be refused if payment has not been made as required by this agreement

6.2. Where it is necessary for either you or the therapist to reschedule a session, this will be done by phone at least 24 hours before the scheduled session.

6.3. You will be charged for missed sessions which are not rescheduled in accordance with this agreement, except in exceptional circumstances at the company's discretion.

6.4. If you are late for a session, the session will complete at the scheduled time.

7. Termination

7.1. You or the Company may cancel this agreement in writing, giving at least 7 days notice. In the event that you owe money to the Company at the time of cancellation, full payment will become due at the time of cancellation.

7.2. In the unlikely event that this agreement is cancelled before all the sessions you have paid for have been provided, the company will refund you for any sessions you have paid for but which the company has not provided. In case of a package deal purchase, this will be pro rata.

7.3. Upon termination of this agreement the company shall immediately cease to be liable to you in respect of the therapy sessions.

8. General

8.1. In the event of you experiencing mental, physical or emotional distress (or related ailment or condition) which you believe to be related either directly or indirectly to the sessions, you will not hold the company liable for any loss or cost incurred by you (or any person related to you). You will indemnify the company in the event of any such claim.

8.2. Except as expressly set out in this agreement, the company will have no liability to you. This agreement reflects the entire agreement and understanding between you and the company regarding the matters in this agreement.



Terms and Conditions Group Events and Cacao Ceremonies

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2. Disclosure about cacao

Sacred ceremonial cacao is prepared in such a way that, the properties of it alone increases blood flow to the brain by 30-40%, and the actual oxygen in the blood is also increased by 20%. Along with this and the meditations and healing offered in this ceremony, you can greatly expand the energy of the heart center for deeper awareness, healing, joy and creativity. We ask that if you have high blood pressure, heart issues, allergic to chocolate, are pregnant, or are prone to severe anxiety or are on antidepressant or any other medication, that you do not consume the full amount of cacao served in these ceremonies. We require you to let us know in advance of a ceremony.

3. Assumption of risk

You agree that you are voluntarily participating in a Cacao Ceremony at your own risk and assume all risk of injury, illness, damage, or loss to yourself or your property that might result, including, without limitation, any loss or theft of any personal property, whether arising out of the negligence of Inner Wellbeing Coach or those facilitating on behalf of Inner Wellbeing Coach otherwise.

4. Acknowledgements

You acknowledge that you have carefully read this waiver and fully understand that it is a release of liability, express assumption of risk and indemnity agreement. You are aware and agree that by executing this waiver and release, you are giving up your right to bring a legal action or assert a claim against Inner Wellbeing Coach. You have read and voluntarily signed the waiver and release and further agree that no oral representations, statements, or inducement apart from the foregoing written agreement have been made.

5. Cancellation policy

Having purchased a ticket for an event or ceremony facilitated by Inner Wellbeing Coach, tickets are not refundable. However, they are transferable to another person for the same event or ceremony if you cannot make it.