

Momentum Maker 3 Month Intensive

Terms, Conditions & Consent Form

1. Overview of the Momentum Maker 3 Month Intensive

- 1.1. Momentum Maker is a personal and professional formation container, featuring a time, energy and wellbeing mastery training and coaching framework aimed at supporting Christian professionals; helping busy faith-minded people reclaim more time, energy, and wellbeing, so they can flourish across their multiple roles and responsibilities; breathing a sense of joy and vitality back into their lives, families, and ministries.
- 1.2. Momentum Maker was designed to provide high quality, evidence-based content to busy Christian professionals and leaders across a range of professions, roles, and responsibilities who are also involved in formal or informal ministry contexts and who seek a faith-integrated approach to their productivity, health and wellbeing.

2. Structure of Momentum Maker

- 2.1. Currently, Momentum Maker is in a beta-program format to test its core framework, which means that its structure and format may change at short notice by the facilitator, based on feedback from participants. Any changes will be negotiated with each participant.
- 2.2. At this time, it consists of four modules, which each participant can work through at their own pace, with support from the facilitator, either face-to-face or online, some live, some pre-recorded, over a 3 month period.
- 2.3. For the duration of the program, participants may access unlimited coaching sessions to work through and give feedback on the material, and receive ongoing support to fine-tune their application of it to their context.
- 2.4. As stated, participants have access to unlimited sessions with the program facilitator. However, to access each following session, each participant needs to complete some task or practice related to the material read, viewed, or discussed in the session prior. If this is not done, the session will be cancelled, and cannot be rebooked until that or another task or practice is done.
- 2.5. It includes productivity, time and energy management, and wellbeing assessment and development tools that participants will need to complete and practice in-between sessions to get the most out of their involvement. Some somatic work will be suggested (e.g. breathing and relaxation exercises, omega-3 supplementation), which could be problematic for people fitted with pace-makers, on blood-thinning medications, or with active unresolved trauma. Participants are requested to check in with their GP or other medical professional to ensure that no pre-existing health conditions or treatments or side-effects will be exacerbated by their participation in such practices; if so, they should a) inform the facilitator and b) withdraw from those exercises and practices.
- 2.6. This content will be available, hosted privately on the facilitator's Google Drive. Participants will receive access to this drive following payment. They may download whatever resources they wish over the duration of the program; following which that particular Google Drive will be closed down.

3. Relationship with Krystyna Kidson – Psychologist – Coach - Supervisor

- 3.1. Momentum Maker is designed and operated by Mrs Krystyna Kidson. Mrs Kidson is a registered psychologist in Australia. She is also a trained coach and professional supervisor and certified vocational trainer. She assists with the Baptist Association of NSW and ACT churches (BANSWACT) in pastoral screening and leadership development, has completed a Graduate Certificate of Divinity through Morling College, and is now a PhD candidate with Morling exploring theology-psychology integration.
- 3.2. Coaching is a collaborative, goal-focused process that promotes personal and/or professional development. Professional supervision creates safe, reflective spaces of trust and transparency to explore and deepen one's work and calling and professional formation. Training focuses on developing practical skills and knowledge within a specific industry or field.
- 3.3. While Mrs Kidson is a registered psychologist, and this program could therefore considered a psychology service, it is not a clinical or diagnostic service, nor can it be regarded as therapy or as a substitute for an ongoing professional supervision relationship.
- 3.4. By consenting to participate in the Momentum Maker 3 Month Intensive, participants acknowledge that they are participating in a formation, coaching and training program and are not receiving psychological therapy or professional supervision services from Mrs Kidson.
- 3.5. To avoid any potential conflicts of interest arising, current coaching or supervision clients or BANSWACT-assessment contacts of Mrs Kidson cannot be accepted as participants in the Momentum Maker program unless those services have been ceased or paused.
- 3.6. Similarly, participants in Momentum Maker cannot be accepted as external clients of Mrs Kidson until they have completed the Momentum Maker program.
- 3.7. Any requests for cross-referral or registration between former clients or current colleagues of Mrs Kidson and Momentum Maker will be assessed on a case by case basis, and will only be accepted at Mrs Kidson's discretion. This decision will be made depending on the individual circumstances, with all due consideration for the principles of integrity, propriety and respect for the dignity of peoples to be applied in determining appropriate boundaries and engagement in the Intensive and with Mrs Kidson.
- 3.8. If, in the course of participating in Momentum Maker, issues arise which in Mrs Kidson's professional opinion are beyond the scope of the coaching and training relationship, a participant may be advised to see their GP and obtain a referral to consult with an appropriate clinician.
- 3.9. Mrs Kidson may at any time, and in her sole discretion, terminate a participant's registration in the Momentum Maker 3 Month Intensive if Mrs Kidson considers it appropriate to do so. In the event of termination of a participant's registration in the Intensive on this basis, a partial refund of the participant's registration fees may be provided.

4. Privacy and Disclosure of Personal Information

- 4.1. As part of your participation in the Momentum Maker Intensive, Krystyna Kidson needs to collect and record information from you.
- 4.2. Please review Krystyna Kidson's Privacy Policy (see krystynakidson.com/privacy-policy), which I request you read and acknowledge your understanding of, prior to signing this document.
- 4.3. Please also review the Description of the Momentum Maker 3 Month Intensive (including what to expect from me, and my expectations of you as a client – see [here](#))
- 4.4. Please also review, sign, and return copies of
- 4.4.1. The Participant Information Sheet (see [here](#))

5. Technology Requirements

- 5.1. The Momentum Maker 3 Month Intensive is provided online through email, website portals, and by videoconferencing. You are responsible for the costs associated with setting up the technology needed so you can access online content and participate in video conferencing calls.
- 5.2. To access Momentum Maker program content, you will need access to a computer or mobile device that can access the internet, video camera with microphone, and speakers. You may also wish to print out the provided resources, in which case you will need a working printer as well. To participate in the coaching sessions, you will also need access to a quiet space or private room.
- 5.3. The privacy of any form of communication via the internet is potentially vulnerable and limited by the security of the technology used.
- 5.4. Where sessions are conducted online, we agree that the email and information exchange occurs in NSW, Australia, as if you were using technology to “meet” with me in my office, and these interactions are subsequently governed by NSW law.

6. Conditions of Purchase and Intellectual Property

- 6.1. Krystyna Kidson’s website, her Momentum Maker program and all content provided within, is the intellectual property of Krystyna Kidson except where otherwise attributed, in which case it belongs to those to whom it is attributed.
- 6.2. The reproduction, exploitation, redistribution or use of all or part of any visual, auditory or software element or document from Krystyna Kidson’s Website or the Momentum Maker program is prohibited.

7. Fees

- 7.1. The Momentum Maker program is to be paid, in part or in full, prior to access being provided to the resources or before 1:1 coaching sessions begin.
- 7.2. The fee of \$1997AUD is a set rate, applicable only to the Momentum Maker 3 Month Intensive program.
- 7.2.1. This fee must be paid either via direct deposit, PayPal or via invoice as agreed between the participant and Mrs Kidson, and includes all tax and card processing fees.
- 7.3. A payment plan of \$797AUD paid monthly over 3 consecutive months is available, applicable only to the Momentum Maker 3 Month Intensive program.
- 7.3.1. This fee must be paid either via direct deposit, PayPal or via invoice as agreed between the participant and Mrs Kidson, and includes all tax and card processing fees.
- 7.4. Should a payment be missed, one attempt shall be made to re-establish the payment plan. If this is successful, the program will continue. If this is not successful, the program (and access to resources) will pause until payment successfully resumes.

8. Cancellation & Refund Policy

- 8.1. After the commencement of the program, full or partial refund of the registration fee will be granted at the discretion of Krystyna Kidson, and ordinarily only in circumstances where a participant's registration is terminated by her in accordance with the terms of Part 3.
- 8.2. In the event of a significant event happening in their lives, participants may request a pause in the Intensive for 2 weeks (e.g. if they get the flu) and then resume from that point. If the disruption is more extensive, participants must pause for 30-90 days and then restart the Intensive from the beginning to rebuild their momentum.
- 8.3. Should participants fully engage in the program and process, complete all activities, and not experience any benefit, Krystyna Kidson will extend the coaching support for another 30 days.
- 8.4. Pre-booked 1:1 coaching sessions may be cancelled by the participant up to 48 hours prior to the session time without penalty, but must be re-booked before the end of the 3 month. No refund will be offered in respect of expired or unused 1:1 coaching sessions.
- 8.5. Pre-booked 1:1 coaching sessions may be cancelled by the facilitator within 48 hours prior to the session time if illness or misadventure occur. These sessions will not attract a penalty to the client, but will need to be re-booked before the end of the 3 Month Intensive. No refund will be offered in respect of expired or unused 1:1 coaching sessions.

9. Consent to participation in the Momentum Maker 3 Month Intensive

- 9.1. I confirm that I have read and understood the information in this document about the Momentum Maker 3 Month Intensive and I acknowledge the following:
 - 9.1.1. Momentum Maker is a training and coaching service. Although the facilitator and author of the Intensive, Mrs Krystyna Kidson, is a registered psychologist and professional supervisor, this is not a clinical, diagnostic, therapy or supervision service, and I will not be receiving clinical or diagnostic services, treatment, advice or therapy in the course of my participating in the Intensive;
 - 9.1.2. I am not a current/preexisting client or colleague of Mrs Kidson and I have not previously accessed 1:1 services provided by Mrs Kidson (or if I am, I have discussed this with her and we have agreed on mutually acceptable conditions and boundaries of my ongoing engagement in this program);
 - 9.1.3. As a result of my participation in the Momentum Maker Intensive, I am precluded from accessing supervision services provided by Mrs Kidson until the Intensive has concluded;
 - 9.1.4. I have read and understood Krystyna Kidson's Privacy Policy.

I, [PRINT NAME] have read and understood the information, terms and conditions contained in this Consent Form and have discussed any outstanding questions with Krystyna Kidson.

I agree to the above conditions for coaching and training services to be provided to me by Krystyna Kidson under the Momentum Maker 3 Month Intensive framework.

Client signature Date/...../.....