

Purpose & Performance Coaching, LLC Terms & Conditions:

Terms & Conditions

Effective Date: March 28, 2026

Welcome to Purpose & Performance Coaching, LLC ("Purpose & Performance Coaching," "we," "our," or "us"). By accessing this website, purchasing our products or services, enrolling in coaching programs, or participating in our online community, you agree to be bound by these Terms & Conditions. If you do not agree with these terms, please do not use our website or services.

1. Purpose of Our Services

Purpose & Performance Coaching provides educational resources, coaching services, digital courses, memberships, workshops, and related content designed to support healthy lifestyle behavior change, weight management, and overall well-being.

Our services are intended for educational and informational purposes only and are not a substitute for professional medical, psychological, legal, or financial advice.

2. Coaching Relationship

Lifestyle coaching is a collaborative process designed to support personal growth, habit development, accountability, and sustainable behavior change.

By participating in coaching, you understand and agree that:

- Coaching is not therapy, counseling, or medical treatment.
- Coaching does not diagnose, prevent, treat, or cure any disease or medical condition.
- You remain solely responsible for your personal decisions, actions, and results.
- Individual outcomes vary, and no specific results are guaranteed.

3. Medical Disclaimer

Purpose & Performance Coaching does not provide medical advice, diagnosis, or treatment.

Always consult your physician or other qualified healthcare provider before making changes to your:

- medications,
- nutrition,
- exercise routine,
- supplement use,
- or treatment plan.

If you are using GLP-1 medications or any prescription medication, decisions regarding starting, stopping, increasing, decreasing, or changing your medication should always be made in consultation with your licensed healthcare provider.

Never disregard professional medical advice or delay seeking medical care because of information provided through our website, coaching, courses, or membership.

If you are experiencing a medical emergency, contact your healthcare provider or emergency services immediately.

4. Eligibility

You must be at least 18 years of age to purchase coaching services, courses, or memberships through this website.

By using our services, you represent that all information you provide is accurate and complete.

5. Payments

All prices are listed in U.S. Dollars (USD).

Payment is required before access to coaching services, digital products, or memberships is provided unless otherwise stated.

We reserve the right to modify pricing at any time. Pricing changes will not affect purchases already completed.

6. Digital Products

Digital products, including online courses, downloadable resources, workbooks, templates, videos, and guides, are delivered electronically.

Because access is provided immediately upon purchase, all digital product sales are final unless otherwise required by applicable law.

7. Coaching Services

Coaching appointments must be scheduled according to availability.

If you need to reschedule or cancel a coaching session, please provide at least 24 hours' notice whenever possible.

Missed appointments or cancellations made with insufficient notice may be considered forfeited unless otherwise agreed upon.

8. Memberships

Memberships, including the P³ Success Circle, automatically renew according to the billing schedule selected during enrollment unless canceled before the next billing date.

You may cancel your membership at any time. Upon cancellation, access will continue through the end of your current billing period unless otherwise specified.

Any promotional trial periods, including complimentary membership offers associated with course purchases, automatically convert to a paid membership unless canceled before the trial period ends.

9. Intellectual Property

All content provided by Purpose & Performance Coaching is protected by applicable intellectual property laws.

This includes, but is not limited to:

- coaching materials
- digital courses
- videos
- presentations
- workbooks
- downloadable resources
- graphics
- branding
- logos
- written content
- educational frameworks
- proprietary coaching methods

These materials are provided for your personal, non-commercial use only.

You may not:

- copy,
- reproduce,
- distribute,
- modify,
- publish,
- sell,
- sublicense,
- share login credentials,
- or create derivative works

without our prior written permission.

10. Community Guidelines

If you participate in our online community, membership platform, or live coaching sessions, you agree to interact respectfully with others.

We reserve the right to remove participants who engage in behavior including, but not limited to:

- harassment
- discrimination
- abusive language
- disruptive conduct
- sharing copyrighted materials without permission
- unauthorized promotion or solicitation
- sharing another member's confidential information

Removal from the community does not automatically entitle a participant to a refund.

11. User Responsibility

You acknowledge that lasting lifestyle change requires personal effort and consistency.

While we strive to provide evidence-informed education and coaching, your results depend on numerous factors beyond our control, including your participation, health status, medical care, and personal circumstances.

No guarantee is made regarding specific weight loss, health improvements, or other outcomes.

12. Third-Party Services

Our website and services may use third-party platforms, including payment processors, scheduling software, video conferencing tools, email marketing services, community platforms, and embedded media.

We are not responsible for the availability, functionality, privacy practices, or content of third-party services.

Your use of those services is subject to their respective terms and policies.

13. Limitation of Liability

To the fullest extent permitted by law, Purpose & Performance Coaching, LLC and its owners, employees, contractors, and affiliates shall not be liable for any indirect, incidental, special, consequential, or punitive damages arising from your use of our website, coaching services, courses, memberships, or educational materials.

Your use of our services is voluntary and at your own risk.

14. Indemnification

You agree to indemnify and hold harmless Purpose & Performance Coaching, LLC from any claims, liabilities, damages, expenses, or legal fees arising from your misuse of the website or violation of these Terms & Conditions.

15. Privacy

Your use of this website is also governed by our Privacy Policy, which explains how we collect, use, and protect your personal information.

16. Changes to These Terms

We may update these Terms & Conditions from time to time.

Any revisions become effective immediately upon posting to this website unless otherwise stated.

Your continued use of the website or services after updates constitutes acceptance of the revised terms.

17. Governing Law

These Terms & Conditions shall be governed by and interpreted in accordance with the laws of the State of Maryland, without regard to its conflict of law principles.

18. Contact Us

If you have questions regarding these Terms & Conditions, please contact:

Purpose & Performance Coaching, LLC

Email: info@purposeperformancecoaching.com

Thank you for choosing Purpose & Performance Coaching. We appreciate the opportunity to support you on your journey toward preserving your health, protecting your well-being, and performing at your best.