

This agreement is entered into by: \_\_\_\_\_ ("Client") and Lauren Megan Valdes ("Coach"), and pertains to Coaching, Consulting, Somatic Trauma Healing Work for Personal or Professional Development which shall occur via telephone, via Zoom, via Voxer, via email or in person, as negotiated between Client and Coach.

**The Client understands and agrees to each of the following provisions:**

A) I hereby employ Lauren Megan Valdes as my "Coach", "Mentor", "Healer", "Facilitator" for the purpose of advising and counseling me with respect to the proper format for Coaching for Personal or Professional Development. They may also assist me in structuring, identifying and achieving goals as they have experience in such matters and agree to render such services.

B) I understand and agree that the Coach is not an "employment agent," "business manager," "financial analyst," or "psychotherapist" and that she has not promised, shall not be obligated to, and will not:

- (1) procure or attempt to procure any employment, business or sales for me,
- (2) perform any business management functions such as accounting services, advice on tax matters or the investment of funds, and
- (3) will not act as a therapist, counseling me or providing psychoanalysis, group therapy or behavioral therapy.

C) I further understand and agree that as a specialized form of consulting, Coaching is not the same as professional or licensed therapy; and that I am always free to reject any advice, suggestions or requests made by the coach at any time. My coach is authorized and encouraged to be direct and unconditionally supportive with me.

D) I further understand and agree that I am to inform my Coach whenever I am under the care of any healer or licensed physician, therapist or psychiatrist; and/or any time I am taking any prescriptions or drugs.

E) I understand that any Somatic, Energetic, Emotional or Alchemical Healing provided by Lauren Megan Valdes is intended to aid support to assist in the body's natural healing processes, and develop emotional, mental, and spiritual well-being. It is also said to induce deep relaxation, help people cope with difficulties, relieve emotional stress, and improve overall well-being. I understand that these forms of Energy Work are not a substitute for medical treatment or medications. I am aware that Lauren Megan Valdes does NOT diagnose illness or disease, nor does the Coach prescribe medications. This work is NOT a substitute for the services of a health professional.

**STATUS**

The relationship between the parties will be that of independent contractor and nothing in this agreement shall render Company Client's employee, worker, agent or partner.

## **LIABILITY & GUARANTEE**

**The Immersion** is an educational and supportive coaching service being provided. Client accepts any and all risks, foreseeable or unforeseeable, arising from these transactions. Company will not be held liable for any damages of any kind resulting or arising from including but not limited to; direct, indirect, incidental, special, negligent, consequential, or exemplary damages happening from the use or misuse of Company's services or enrolment in the Program. Client agrees that use of Company's services and enrolment in this Program is at Client's own risk. Company is not responsible for any decisions made by Client as a result of the coaching.

Client accepts and agrees that she is 100% responsible for her progress and results from the Program. Client accepts and agrees that she is the one vital element to the Program's success and that Company cannot control Client and/or Client's participation. If Client is unwilling/unable to participate in exercises/assignments/sessions, the contract is terminated at Company's option without recourse or refund of any kind.

## **NO GUARANTEED OUTCOMES**

I understand that **The Immersion** outcomes can be subjective and can vary greatly depending upon individual circumstances and individual effort invested in the Program process. Joining this program does not guarantee that I will take any specific action and does not offer any guarantee of success. As such, I understand that the Company makes no guarantee, representation or warranty of any nature or kind that this program will be effective or will result in any particular outcome. I agree that I will not hold the Company responsible, in whole or in part, for any result that I do or do not achieve.

## **INFORMED CONSENT**

I understand that I am responsible for my own participation in coaching, and for my own well-being. I have not taken on coaching as a substitute for the services of a health professional. I have not taken on coaching to handle any physical, emotional, mental or addictive struggles. I am clear that no part of coaching is presented by or under the supervision of health professionals. I assume all risk of physical injury and emotional upset, which may occur during or after coaching. I agree to hold Lauren Megan Valdes harmless from any and all liability arising out of my participation in coaching, energetic & somatic work. I understand that my results and outcomes of this coaching agreement are 100% MY responsibility.

## **CONFIDENTIALITY**

Confidential Information includes, but is not limited to, information disclosed in connection with this Agreement, and shall not include information that: (a) is now or subsequently becomes generally available to the public; (b) the Company or Client had rightfully in its possession prior to disclosure by the disclosing party; (c) the Company or Client rightfully obtains from a third party. Company agrees not to disclose, reveal or make use of any Confidential Information learned of through its transactions with Client, during discussion with Client, the coaching session with Company, or otherwise, without the written consent of Client. Company shall keep the Confidential Information of

the Client in strictest confidence and shall use its best efforts to safeguard the Client's Confidential Information and to protect it against disclosure, misuse, espionage, loss and theft.

Client acknowledges that in the course of providing the Services, Client will have access to Confidential Information as defined above. Client agrees not to (except in the proper course of Company's duties) use or disclose to any third party any Confidential Information. This restriction does not apply to:

- (a) any use or disclosure authorized by Client or required by law;
- (b) by any use or disclosure which Company in her absolute discretion consider necessary or advisable in order to prevent illegal acts or harm to you or to others; or
- (c) any information which is already in, or comes into, the public domain otherwise than through Company's unauthorized disclosure.

As is good practice in coaching, Company undertakes coaching and is part of supervision groups. Client agrees that Company may disclose any issues which arise out of the Sessions with Company's own coach, supervisor and/or supervision group, but Company agrees only to disclose such issues on a general basis and without disclosing Client's name. Client may disclose to third parties such information about the Sessions as she wishes.

#### **INTELLECTUAL PROPERTY**

Client agrees that all intellectual property related to the Program is the sole property of the Company. Client agrees not to infringe on the Company's intellectual property rights or use Company's intellectual property in a manner that exceeds the scope of this Agreement.

#### **DURATION OF AGREEMENT**

The duration of this initial agreement shall be until the day after The Immersion takes place, which is November 9, 2025, beginning on from payment date but can be continued at the discretion of the Client and Coach.

#### **Scheduled Coaching Sessions**

Client understands and agrees to retain the Coach and the included services within this container *in-person coaching and support on November 8, 2025*, at the rate on the checkout cart.

#### **RE-SCHEDULED & MISSED COACHING SESSIONS**

Client understands and agrees to make attending The Immersion a priority, and to arrive on time. The Immersion begins promptly at the scheduled time, and if the Client is late the event will be shortened to the remaining time scheduled.

#### **REFUND POLICY**

Your satisfaction with my coaching is important to me. Yet, because of the extensive time, effort, preparation and care that goes into creating and providing this service to you, I have a no refund policy. Unless otherwise provided by law, you understand and acknowledge all sales are final, and no refunds will be provided at any time.

Each payment must be paid in advance before each month of coaching begins. In addition, if premature cancellation of the coaching relationship occurs prior to the end of the payment plan, a conversation between Coach and Client will occur to determine the termination date.

Without prejudice to any other right or remedy that Company may have, if Client fails to pay Company on the due date, Company may charge interest on such sum. Client shall pay the interest immediately on demand; and suspend all Services until payment has been made in full.

## **TERMINATION**

1. Company may terminate this agreement if:
  1. Client becomes disruptive or difficult to work with;
  2. Client fails to follow the terms of this agreement; or
  3. Any other reasons Company sees fit.
2. Client may terminate this agreement only after they have had direct communication with Coach and can provide valid reasons for termination.
3. Upon termination of this Agreement, Company will immediately revoke Client's right to use the Program and block all access to its account, and may anonymize or delete all data and information associated with Client's account thirty (30) days after such termination. Upon termination of this relationship, Client will remain obligated to pay any accrued charges and amounts which become due for payment prior to or following termination.

AS A CLIENT, I UNDERSTAND AND AGREE THAT I AM FULLY RESPONSIBLE FOR MY WELL BEING DURING MY COACHING CALLS, INCLUDING MY CHOICES AND DECISIONS. I RECOGNIZE THAT COACHING IS NOT PSYCHOTHERAPY AND THAT PROFESSIONAL REFERRALS WILL BE GIVEN IF NEEDED.

I, the undersigned client, hereby warrant that I am competent to contract in my own name. I confirm that I have read the herein agreement prior to its execution and I am fully familiar with the contents thereof. This agreement shall be binding upon me and my heirs, legal representatives and assigns.

Client Name:

Client Signature:

Date:

By signing this agreement, I agree to the terms and conditions of this contract.

Coach Name: Lauren Megan Valdes

Coach Signature: *Lauren Megan Valdes*

Date: July 14, 2025

By signing this agreement, I agree to the terms and conditions of this contract.