

TERMS AND CONDITIONS

The terms and conditions outlined in this document constitutes the agreement particular that apply to enrolment and registration within the BreakFree and Begin Again – 12 Week Program with Biome Integrative Nutrition.

The services included in the Break Free and Begin Again Program are to be provided by Carrie Ross/Biome Integrative Nutrition by Carrie Ross (herein 'the coach'). Coaching will Endeavor to address specific personal issues, health outcomes or general conditions in the client's personal and/or professional life. Coaching is specific and individual meant solely for the client and not to be shared or distributed. Services may include, but not be limited to, nutritional assessment and dietary planning specific to the clients assessed health needs and goals, pathology assessment and referral, values and goals clarification, lifestyle and health assessment, business brainstorming, identifying, and creating plans, examining modes of operating and teaching tools to assist personal transformation. This is a holistic process that aligns with the Mind-Body-Belly Philosophy of balance in all realms of your life to achieve success.

The Coach maintains that all information provided by the client is strictly confidential. No information or content shall be released to any persons, including spouse or immediate family, except at the client's request. Your willingness to be truthful, open and vulnerable are paramount to your coaching success.

For coaching purposes only, all calls **may** be recorded digitally by the coach. If recorded, these files will be kept only for the duration specified in this Agreement. All digital files will then be destroyed and only client health information will be retained secure on the premises. These recordings are entirely for the benefit of the coach/client relationship.

Throughout the coaching relationship we will engage in very direct and personal conversations. Your coach will be honest and straightforward in asking questions and requests. You will (and should expect) to feel challenged at times; challenges are proposed with positive intent and your coaches' true desire to help you reach your goals by supporting you through the discomfort of confronting conversations.

The client firmly understands that for the coaching to create transformation they must **fully participate in the process**. This may include, but not be limited to, attending all sessions on time, participating fully in all coaching, completing all set 'integration work' and reading/watching/listening to external material as directed by the coach. You will have weekly homework and integration work to do to enable your progress and success.

Video calls will be on Zoom, and it is preferable that the client tests their hardware in their location prior to the commencement of coaching to avoid potential interruption.

The client agrees to keep all information shared by other clients in the support group 100% confidential and acknowledges the same respect will be shown to them in return.

By submitting payment, you are agreeing to the terms as outlined in this document in its entirety as it applies to your enrolment in the BreakFree Program.

Your Enrolment is for the course scheduled to begin at the advertised specified date either January, May or September, and for the duration of one calendar year.

At present - Live sessions are held on Sundays @ 8:0/ or 8:30 am AWST (Perth Australia) – Your specific details will be provided in your welcome email.

All other LIVE content times will be announced at the commencement of the program.

Investment

UPFRONT Pay it in Full \$1550.00 –Includes Printing and Express posting of Program Textbook. Text Book will be ordered upon receipt of full payment. Please ensure that your Postal address supplied at registration is correct.

CANCELLATION AND COOLING OFF PERIODS

Clients have 7 days after payment to request cancellation. If cancellation request is made within 7-days of full or partial payment/ or within 7 days of the due date, then all monies paid will be returned to the client with the following provisions: If in the event that any appointments or resources have been provided to the client within this 7-day period. The value of

these will be deducted from monies paid prior to the issuance of a refund (Text Book Value and enrolment admin value is \$89.00). Day/night of payment serves as day one (1) for purposes of this agreement. Text Book is required to be returned the Coach at the expense of the client. If cancellation request is made within the time-frame, yet the client has accessed the Breakfree Group platform; with open access to all materials and previous recordings; then no refund will be issued.

Program inclusions

- 12 month access membership: = 3 x 12 week classes over 12 months
- 12 x Weekly 1 hour - Live Group Coaching Calls Via Zoom. That weekly step you through breaking emotional eating behaviours and help you goal set and actually achieve your outcomes. (recorded so that you can rewatch as many times as you need until the next 12-week class begins)
- Weekly Workshops - calibration and consolidation workshops 30 mins prior to every live session are offered to discuss blocks, barriers, understandings and new perspectives
- 12 Weeks of "24-7" Text/MSG/Email Support availability.
- FREE ACCESS to any Biome Integrative Nutrition workshops or live events in your year of registration.
- Pop-Up Master Classes on in deeper issues with bonus material:
- Mid-Way 1:1 session with Carrie 60-90mins to troubleshoot, align, focus and dig to the root of your unique triggers. (Available in your First Round of BreakFree only) must be booked to fall between week 5 and week 7 of BreakFree to avoid forfeiture of this session.
- Access to Private Group to troubleshoot, connect and access live sessions.
- Weekly additional content, worksheets, group challenges and connections.
- Official Mind-Body-Belly Fresh Start or Begin Again (Real Food Reset) and Balanced Macros Maintenance Plan
- Options to renew for another 12 months after completion of initial 1st year
- Participants that complete 1 x Initial year + 1 Extension Year will then be offered the opportunity to become a Breakfree Mentor for future participants, and have their ongoing membership fee waived for as long as they wish to be a mentor.

Each session will last the duration specified on your program. (approximately 90 mins) planner – sometimes sessions go over, this is at the discretion of the host. No additional charge will be implemented if the host/coach chooses to allow a session to run over time.

Allow at least 10-15 minutes per day to dedicate to doing your homework.

It is important you are on time to sessions – show up with the intent of priority.

ZOOM calls- I live in Perth, Australia and operate on Australian Western Standard Time (AWST).

Prior to each zoom call ensure:

You have your computer, your Breakfree textbook and preferably A4 notebook or paper to take notes. This will assist with recall and aids in your own accountability and follow up action. Any tasks set at the previous call/appointment have been completed; If there is work to hand in to me, or to post to group see that it is sent in for review 24 hours before the following call and you have retained a copy. Or done by due date. Please remember that during this time, you have my full support. Email or Chat within the group chat, as well as within the support group.

The Program in general: The more you put in, the more you will get out... Therefore you must really throw yourself into this process.

IF YOU WANT SOMETHING YOU'VE NEVER HAD... YOU HAVE TO DO SOMETHING YOU'VE NEVER DONE!

I highly encourage you to arrange a quiet location to make your calls, where you will be free from interruptions. It is essential that this location gives you privacy.

As with any worthwhile pursuit, the process of coaching is challenging and will involve some work. It may cause discomfort, however this signifies things are changing. Getting out of the comfortable rut.

UNDERSTANDING YOUR COMMITMENT

I am enthusiastic about helping you to obtain the confidence and knowledge to reach your health goals so you can get the most out of life and obtain your life goals. Before we get started, there are some 'rules of the game', or housekeeping, that you need to be aware of.

In order to achieve the best results, you must do your part by following through on the commitments you make.

YOUR LEVEL OF COMMITMENT

As your coach, I wish to serve you at the highest possible level. How you show up for each session plays an enormous part in how well this can be done.

At each call/ appointment , I may have you answer some questions or do some homework. This is all about following through and taking action on the work we will be doing together. The more homework/processing you do – the greater the results!

You have to dedicate yourself to the process 100% before you can even attempt to make an excuse, and I refuse to be your next excuse... so lets commit ourselves to the process and make this happen for you.

PREPARING FOR YOUR FIRST CALL/APPOINTMENT

You have contacted me via email and signed this agreement stating that you have no underlying medical conditions that would make you unsuitable for this program.

What Coaching is/is Not

Coaching is about transporting people from where they are in a particular area of life, to where they want to be, in the most effective timeframe possible. It is, essentially, about results. But it is about personal commitment. You MUST bring this.

Please be aware coaching is not a magic bullet, you will be provided tools that will assist you to reach your goals, however, how you use these tools is up to you.

The timeframe is set out ON PURPOSE - this is not to draw out a process unnecessarily, but instead to help you BREAKFREE of the QUICK-FIX mindset, and actually set life-long lasting foundations for success

CONFIDENTIALITY

The information shared and discussed during sessions is subject to confidentiality and privacy laws, which means I will not, nor should you, share any of this information with any other 3rd party without express written permission.

All coaching calls May be recorded. Notes taken during appointments will be kept on premises in a locked filing cabinet within a locked office subject to Record Keeping guidelines.

There are exceptions to confidentiality which I must make clear – I may breach confidentiality on the following occasions

If you demonstrate any incidence or intent to self-harm, harm someone else or intent to suicide.

If your recorded are requested under forced legal obligation / subpoena.

If by referral or request from another health professional – and this would be only after eliciting your express written permission.

I trust that you as the client will also maintain confidentiality of the materials provided to you, as these are specifically for the client and remain the sole property of Biome integrative Nutrition.

Also, by signing this agreement, you agree that you will not forward or distribute any Biome Integrative Nutrition provided materials to any other party whether this be prior, during or after the coaching agreement commences or is finalised.

YOUR SUPPORT

I expect you to treat this experience like your child – show it the care, respect, attention and dedication it deserves

– after all this is about guiding your way to a happier and healthier future – what’s more important than that? ...

And if you believe you experienced great results then I will ask for a testimonial for my marketing and referrals to friends, colleagues or anyone that may benefit from the investment in my service.

Make great things happen!

GUARANTEE

If you dedicate yourself fully to the process, show up to all sessions, do all the work and really apply and align with yourself, values and goals – You will achieve what you set out to achieve. If after doing all the above and you still have not set yourself on the BreakFree path, I will link up with you for a 1:1 coaching call to ensure you have the direction you need to get there. biomewellnesscentre@iinet.net.au

Please sign and return prior to payment and commencement. as confirmation and acceptance of this agreement.

WHAT WILL WE COVER?

MODULE 1: Getting unstuck and taking control over the chaos. Learning how to get back into the driver's seat with Radical Accountability, rewriting your story and recalibrating your filters.

MODULE 2: Dismantling and Breaking Free of Limiting beliefs and old negative narratives; releasing the pain to live within your own positive framework of success.

MODULE 3: Establishing beliefs of potential instead of limiting beliefs and embarking on the wonderful journey of self-validation - the self-replenishing resource.

MODULE 4: FEAR - testing its potential and embracing courage through our newly developing skillset.

MODULE 5: Disarming the Trigger: Understanding your unique food relationship, Food and Eating behavioural strategies and trigger action planning. Incorporating personality styles and superpowers (ie ADHD and Love languages)

MODULE 6: Goals and Goal setting and begin to introduce Nutrition Concepts for balance.

MODULE 7: Consolidation and Recalibration. Getting ready for reset and planning to succeed.

MODULE 8: Balanced approach to nutrition and we look at confidently addressing and embarking on our RESET without Restriction, Fear or Limiting Beliefs. Dismantling diet culture.

MODULE 9: We begin our resets (Wk9-12) armed with the tools to address emotional, situational and Environmental Triggers and understand our body and its needs.

MODULE10: Revisiting and Refreshing our Foundations for Personal Success, we take the opportunity to live workshop the limiting beliefs, extinction bursts and A-Ha Moments.

MODULE 11: We explore moving forward with confidence and creativity, looking how we can truly identify balance/imbalance in our lives. Working with our own unique frameworks.

MODULE 12: Moving into maintaining balance and revisiting our goals - Daring to Dream BIG.

The program relies on your own intrinsic motivation and personal accountability as your work through these issues in your own time - If doing it on your own feels too scary... consider having an aligned 1:1 session each week/fortnight (as per coaching program schedule) as you go through this process to really combat those personal food demons (Individual coaching and personal sessions available in 18-Month Coaching program options..