

# Policies and Procedures: Arise Coaching and Retreats

The following Policies and Procedures outline the professional and ethical standards of **Arise Coaching and Retreats**. By engaging in coaching services, clients acknowledge and agree to the following terms:

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## 1. Scope of Service: Coaching vs. Medical/Therapeutic Advice

**Arise Coaching and Retreats** provides professional life coaching, curriculum-based wellness programs, and retreat experiences.

- **Non-Medical Status:** I am not a licensed medical professional, psychiatrist, psychologist, or clinical therapist.
- **No Medical Advice:** The services provided—including discussions on wellness routines, somatic movement, or psychological frameworks like Internal Family Systems (IFS)—are for educational and personal development purposes only.
- **Not a Crisis Service:** Coaching is not a substitute for professional mental health care or medical treatment. If you are experiencing a medical or mental health emergency, please contact your local emergency services or a licensed healthcare provider immediately.

## 2. Ethical Standards & Core Values

Arise Coaching and Retreats is founded on a bedrock of high moral values. While I serve clients of all backgrounds and beliefs across the United States, my practice is guided by the following principles:

- **Integrity & Honesty:** Transparent communication regarding progress, expectations, and the coaching relationship.
- **Compassion & Kindness:** Creating a safe, non-judgmental space for personal growth and "Wildly-Rooted" exploration.
- **Virtue & Loyalty:** Maintaining professional boundaries and a steadfast commitment to the client's stated goals.
- **Hard Work:** A dedication to providing high-quality, structured curriculum and personalized attention.

## 3. Confidentiality

Trust is the foundation of the coaching relationship. All information shared during sessions will remain strictly confidential, except where disclosure is required by law (e.g., immediate threat of harm to self or others, or as required by a court of law).

## 4. Jurisdiction & Governing Law

Arise Coaching and Retreats is based in the **State of Idaho**. While I accept clients from across the United States, any legal disputes or interpretations of these policies shall be governed by and construed in accordance with the laws of the State of Idaho.

## 5. Refund & Cancellation Policy

To maintain the integrity of the coaching process and the commitment required for programs like the **12-Week Wildly-Rooted Program** or the **Anchored Youth Program**, the following applies:

- **Refunds:** All sales are final. Arise Coaching and Retreats does not offer refunds for services rendered or for "unsatisfied" outcomes, as the success of coaching is a collaborative effort heavily dependent on the client's engagement.
- **Cancellations:** Clients must provide at least **24 hours' notice** to reschedule a session. Failure to provide notice may result in the forfeiture of that session without a refund.

## 6. Professional Conduct

I adhere to professional coaching standards and expect a reciprocal level of respect and commitment from my clients. I reserve the right to terminate the coaching relationship if it is determined that the client's needs are outside my scope of practice or if the professional relationship is no longer constructive.

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## Legal Disclaimer

*By participating in any program or retreat offered by Arise Coaching and Retreats, you acknowledge that you are responsible for your own well-being and any decisions made based on coaching sessions. Arise Coaching and Retreats and its representatives are not liable for any actions taken or not taken by the client as a result of the coaching provided.*