JENNY DARLIN

Mindset & Soul Integration Coaching Agreement

More You. Less Noise. | Follow the Breadcrumbs®

A little clarity before we get curious. This agreement sets out what to expect when we work together. Please read it, ask any questions, and sign before your first coaching session.

1. What this work is

Mindset & Soul Integration coaching is a collaborative, client-led space for reflection, exploring perspectives and patterns, and choosing what feels meaningful to you. Sessions may include conversation, creative or playful exercises, journaling, guided reflection, breathing, sound or other optional experiential practices. You are welcome to decline any activity or question. There is no guaranteed outcome or prescribed breakthrough.

2. Your choices, your pace

You remain the authority on your own experience, decisions and actions. I may offer observations or questions, but do not assign a fixed meaning to your experiences. You may pause, change direction, or end a session at any time. Optional between-session reflections or “field investigations” are invitations, not requirements.

3. Coaching is not clinical care

Coaching is not psychotherapy, medical treatment, crisis care, or legal or financial advice. I do not diagnose conditions, prescribe treatment, or promise healing results. Please seek a qualified professional for those needs. If you are experiencing an emergency or immediate danger, contact emergency services or an appropriate crisis resource rather than waiting for a coaching response.

4. Appointments, payment & changes

Session length, price, and any package or installment details are shown on the relevant booking or purchase page and confirmed at enrollment. Payment is due as stated in that booking or purchase process. Please provide at least **3 hours’ notice** if you need to cancel or reschedule an appointment. Any applicable refund, late-cancellation, no-show or package terms should be reviewed at checkout; this agreement does not add an undisclosed fee or override those posted terms.

5. Privacy & respectful boundaries

I will treat the information you share with care and discretion and will not use your story in public marketing without your permission. Absolute confidentiality cannot be promised: disclosures may be required by law or to address serious safety concerns. Please avoid sending sensitive personal details through unsecured messages. We agree to communicate respectfully and maintain appropriate professional boundaries.

6. Contact between sessions

You may email **love@jennydarlin.com** with scheduling or practical questions. Email is not an emergency or on-demand coaching service. Any additional support outside booked sessions should be discussed and agreed upon separately.

7. Questions & consent

Please ask about anything you do not understand before signing. By signing, you confirm you are an adult (18 or older), have read and understood this agreement, and freely choose to participate. You may withdraw your consent to an exercise at any time.

Client full name: _____

Client signature: _____ **Date:** _____

Jenny Darlin: _____ **Date:** _____

Please email your completed, signed agreement to **love@jennydarlin.com** before your first coaching session.
Jenny Darlin is a registered DBA of Synergy Sensations LLC. This is a proposed client agreement for business/legal review before use.