

Statement of Intent



STATEMENT OF INTENT for: _____ (print full name)

All coaching services delivered by Katy Flatau and Mindful-U, LLC are meant to challenge, uplift, and support you psychologically. However, coaching is not psychotherapy. If you feel psychologically stressed to the point that it is interfering with your ability to function, please have the courage to seek the help you need in the form of a professional counselor.

Life coaching may augment your therapy, but the work of coaching is meant to be done when major emotional and psychological wounds are already healing or healed. In that spirit, please read the following and sign below should you agree to each statement and wish to proceed:

- I understand that the life coaching services I will be receiving from Katy Flatau are not offered as a substitute for mental health care. I also understand that my coach, Katy Flatau, is not acting as a psychotherapist, and does not purport to offer mental health care.
- I understand that my coach will maintain the confidentiality of our communications only to the extent defined by the laws of the states in which each of us resides.
- I understand and agree that I am fully responsible for my well-being during my coaching calls, and subsequently, including my choices and decisions.
- I understand that all comments and ideas offered by my coach are solely for the purpose of aiding me in achieving my defined goals. I have the ability to give my informed consent, and hereby give such consent to my coach to assist me in achieving such goals.

I hereby release, waive, acquit and forever discharge Katy Flatau and Mindful-U, LLC, their agents, successors, assigns, personal representatives, executors, heirs and employees (collectively "Katy Flatau and Mindful-U, LLC") from every claim, suit, action, demand or right to compensation for damages I may claim to have or that I may have arising out of actions, omissions, or commissions taken by myself or as a result of the advice given by Katy Flatau or otherwise resulting from the coaching relationship contemplated hereunder. I further declare and represent that no promise, inducement or agreement not herein expressed has been made to me to enter into this release. The release made pursuant to this paragraph shall bind my heirs, executors, personal representatives, successors, assigns, and agents.

I have read the statements above and I understand and agree with the points contained therein:

Client Signature Date

Terms & Conditions



Expiration Policies:

Private coaching sessions are valid for 6 months from the date of purchase. Workshop and group coaching program registrations expire on the day and at the completion time of the specific workshop or program. Online coaching programs will be made available for up to 12 months. Mindful-U reserves the right to restrict access to any program and any material at any time for any reason.

Payment Policy:

Coaching sessions, packages, programs or workshops must be paid for in full prior to the scheduled coaching session or workshop, unless a payment plan is offered. If scheduled payments on a payment plan are not completed on the agreed upon timeline, access to the purchased program will be discontinued immediately. Katy Flatau and Mindful-U, LLC accept cash, personal checks, credit cards, Venmo, Stripe and PayPal.

Cancellation and Refund Policy:

Scheduled private coaching sessions must be cancelled or rescheduled 12 hours in advance of the session to avoid a \$50 cancellation penalty. Sessions missed but not cancelled will be charged at the client's full per session rate and will count against package totals. Sessions started late may not be able to go for the scheduled amount of time.

Please be on time for sessions and workshops. If you are going to be late, please let the coach know via phone call or email (text message notifications are an option if previously agreed upon with your coach). If you are more than 10 minutes late for a workshop or program, you may not be able to participate in that program/workshop. No refunds will be offered for workshops, group coaching programs or coaching sessions/packages outside of stated online program guarantees.

Coaching Notes:

If you are participating in phone coaching sessions, it is the client who calls the coach at the agreed upon number at the start time of their coaching session.

Please treat all areas of our building(s) with respect and courtesy. Keep common areas, including bathrooms, hallways and entryways clean. Do not linger in hallways or doorways and arrive/depart quietly.

Please treat all employees, clients, participants at workshops or any other persons affiliated with Katy Flatau and Mindful-U, LLC with courtesy and respect. Coaching can be an emotional process and it's important that our space(s) be one(s) of trust and safety.

Katy Flatau and Mindful-U, LLC are not responsible for the loss or theft of items or valuables left unattended during coaching sessions or workshops.

All worksheets, workbooks, audio and/or video recordings, systems and other material used during the coaching process are proprietary to Katy Flatau and/or Mindful-U, LLC. Please do not share, distribute, teach, perform, or post these materials in anywhere in any form (including anywhere on the internet). If someone is interested in using these materials, please have them contact Mindful-U, LLC directly at expand@mindful-u.com.

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Client Signature Date

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