



ND ACADEMY

T&C'S

First off, thank you for choosing me as your coach. I am absolutely honoured and I will do whatever it takes to help you achieve your desired goals!

Below are some of the terms and conditions with this program. The reason I have these in place is to simple ensure that you benefit the most from this program.

Please take your time to read carefully.



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When you filled out your pre participation form, you would have agreed that the minimum sign up is 12 weeks and that you are committed to this.

These 12 weeks will need to be paid in full even if you wish to finish earlier.



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The reason its capped at 12 weeks is to simply ensure that you get the most from the program. It is very hard for progress to be made in a shorter timeframe.

If you wish to continue after the 12 weeks, your subscription will continue as normal.

If you wish to finish up at any stage, please give 30 days notice. The payments are taken every 4 weeks. Please ensure you keep note of payment dates if needed.



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With regards check ins, these are for you and an opportunity for you to monitor your progress. I can then give you advice and feedback based off the information you give.

This is a two way process. You have to want this. I allow for a 3 strike rule with check ins. If I have to chase 3 or more check ins, it will be in your court to remember to check in.

One thing to note is that hiring a coach is the best move you'll make. But if you put in no effort, a coach can't guarantee results. You have to be willing to take action with the information, support and advice at hand. Ignoring what your struggling with most is the best way to sabotage progress. Please don't be afraid to speak up and ask for help where needed.

Take responsibility and pride in your check ins.



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Please ensure check ins are filled out in full. If you are unsure of any areas just let me know. Progress photos need to be included once a week with each check in. They are our best way to monitor progress. Please take responsibility in having these included each week

I completely understand that it can be uncomfortable for some doing this weekly. Use it as an opportunity to get excited knowing that they are only going to get better each week.

The journey is going to involve you doing some things that may be out of your comfort zone. This is a good thing. If everything you had to do is what your use to doing, then you can't expect to see change.



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If you are struggling in any way, please let me know as soon as possible. The quicker we know, the quicker we can work on finding a solution than stuck at a problem. This journey is going to be all about problem solving and finding a solution.

Ofcourse you may face some struggles along the way. Thats normal and part of the process. But use it to become a problem solver in so that you can learn to handle situations differently if they were to arrive again.



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HAVE FUN. Get excited about the fact that you are working on yourself. Self care isnt all about face masks. Self care is what you eat, what you watch, who you surround yourself with etc.

Enjoy being part of a like minded community. Enjoy the fact that you are working on yourself each day. This is not a quick fix program. It's a lifestyle change. Enjoy building new habits.

This takes time. Try not to get fixated and angry about an end product. Get excited and focus on one day at a time! All the small things do add up!