



Brooke Bownes Coaching Agreement

Hi,

Thank you so much for deciding to work with me, Brooke Bownes Coaching.

Your decision to make this investment in your journey of self-discovery is a huge commitment and demonstrates how seriously you are taking the choice to live your best life - and I am with you all the way!

Time to ensure we are on the same page of how we bring our “best selves” to the coaching relationship, it is important that we share the same understanding about how we will work together. Please read the points below and get in touch with any questions you have. Once we're on the same page, sign page 2 of the agreement and then press submit.

12 MONTH PROGRAMME

- **Monthly Group Coaching Sessions:**
Connect with a supportive community of women and receive expert guidance to work through challenges and celebrate wins.
- **Workshops and Masterclasses:**
Deep dive into topics like boundaries, beliefs, self-love, and more with actionable strategies you can implement immediately.
- **Self Reflection Exercises:**
Explore your inner world with journaling prompts, exercises, and tools designed to help you uncover your unique strengths and values.
- **Ongoing Support:** Stay motivated and on track with regular check-ins, Accountability, and a private online community.

INVESTMENT

- I can confirm that you have agreed the following payment(s) for the online group programme The Confidence Academy™:
 - £997 in full or
 - 3 payments of £333 or
 - 6 payments of £167 or
 - 12 payments of £84

- Coaching fees are non-refundable, after the initial 14 day cooling off period. I reserve the right to change fees/packages offered by Brooke Bownes Coaching but will always honour the agreed rate for the time period that was set at the beginning of our work together. However, should you decide to continue your coaching work with Brooke Bownes Coaching (which would be amazing!) after the completion of the initial package, there's no guarantee the rates will be the same.

COMMUNICATION

- I welcome communication between our monthly zoom calls by using the Facebook group. It is my expectation that you will reach out if you hit a "sticky" spot that you would like some feedback on, and that you will share the successes that you have on the way to creating the life of your dreams!
- I welcome your input and questions along the way.
- I will also message or email you if there is something to share or if I have a thought or idea which might be useful to you between our sessions together. I love providing this extra level of service and of course I will not charge you for it.

BONUSES

- From time to time I may share with you additional resources to support your journey or may offer you additional services.

MISUNDERSTANDINGS

- An important part of the coaching relationship is the coach's role in providing challenges and encouraging the client to push themselves. However, this must always be done sensitively and appropriately for the individual client. If I say or do something that upsets you or does not feel right, please let me know. I want to provide you with the service and support you need and I believe that honesty and trust are critical for our relationship to grow. I want this to be an open and safe place for you to come with confidence, and I ask that you let us know if there is ever anything that you are concerned about in our work together so that we can do what is necessary for you to be satisfied and happy. My goal is your success!

GUARANTEES

- You recognize that I will always have your best interest at heart and that with hard work and an open mind, you can make life-changing strides in your life towards your goals. However, as with anything in life, there are no guarantees and your success is also hugely dependent on your effort outside of Brooke Bownes Coaching and your application of your learnings.

CONFIDENTIALITY

- You recognize that in the course of our work together you may divulge goals, future plans, business affairs, job information, personal and other such private information. I will not, at any time, either directly or indirectly, voluntarily use any such

information for my own benefit or disclose this information to a third party. I will not voluntarily disclose that we are in a coaching relationship without your expressed written permission.

AGREEMENT

By signing up for this programme, I confirm that I have read and agree to the points and agreements above and will honour them during our coaching relationship. I am committed to giving this process my all.

Date of last update: 18-12-2024