

Terms and Conditions of Agreement.
Elaine Mitchell Empowerment Coach

Overview

As your Coach, I want to help you grow, change, develop, and achieve your goals and intentions. You are responsible for your life, and ultimately changes you chose to engage with. The services provided are the following holistic and complementary services. Life Coaching, Hypnotherapy, Emotional Freedom Technique (EFT Tapping) Reiki and Bars. The services are complimentary and not offered or as a substitute or medical intervention. If in any doubt consult your GP prior to commencement of any treatment.

Session Procedure and Services

Our appointments will be face to face at The Clarity Room or via video call zoom. It is the clients responsibility to attend each session on time and prepared for the session. The services are not any type of psychological counselling, may address specific personal issues that you bring up. Other coaching services include values clarification, education, brainstorming, identifying plans of action, examining modes of operating in life, asking clarifying questions, and making empowering requests.

Payment and Cancellation Policy

Payment is required prior to session commencement and is payable via BACS, PayPal. Cash can be accepted with prior arrangement.

The payment is for the time and experience of the coach and is charged as appropriate. If the coach cancels a session with less than 24-hour notice, then the coach will provide the next session free of charge or add an extra session onto the course of sessions purchased by the client.

If the client cancels a session with less than 24-hour notice, then the coach reserves the right to charge the client for the full session.

Confidentiality

All sessions are carried out in the strictest confidence, and I will not, at any time either directly or indirectly, use this information for my benefit nor disclose said information to anyone else without your specific approval (excluding disclosure of illegal or unethical activities).

Privacy Policy

Full privacy policy and GDPR compliance can be [found here.](#)

Results

Results cannot be guaranteed, and the coach is free of all liability and responsibility for any actions or results from adverse situations created because of specific advice or actions given or taken by myself

The client is required to contribute at each session with honesty and with understanding they are ultimately responsible for change and growth.

The nature of coaching, hypnotherapy and EFT is that further issues may be uncovered or unlocked and therefore the initial issue that a client presents with may require further sessions for clearance or can be signposted for more suitable therapies and services.

Complaints

Any complaints or disagreements should be directed via email at mail@elainemitchell.co.uk and will be answered withing 5 working days.