

## COACHING/WEBINAR and LIABILITY WAIVER

This waiver of liability includes any risk of attending sessions, engaging in Zoom sessions, one-on-one coaching, group coaching, webinars, or attending any events, workshops, or other services provided by the Gupta Program Coaches.

By participating in any of the activities listed above, you understand and agree that:

- These services are not offered as a substitute for clinical mental health care or medical care and are not intended to diagnose, treat or cure any mental health or medical conditions. You also understand that the coaches are not licensed medical doctors, psychologists, psychiatrists, counselors, or social workers.
- You are fully responsible for your own well-being during sessions and program activities, and subsequently, your choices and decisions.
- As a standard practice we note/session share between coaches so that all practitioners working with you can keep abreast of your story. Only practitioners working on this randomized controlled trial will see your notes/sessions. This will always be done in a confidential way respecting your privacy and integrity.
- All comments and ideas offered by a coach are solely for the purpose of helping you achieve your defined goals and improve or enhance your well-being. You will always be able to give informed consent to your coach.
- The use of technology is not always secure and you accept the risks to confidentiality in the use of email, text, phone, Skype, Zoom, and other technology.
- You hereby release, waive, acquit, and forever discharge your coach, any agents, successors, assigns, personal representatives, executors, heirs, and employees from every claim, suit action, demand, or right to compensation for damages claimed or that you may have arising out of your own acts or omissions or acts and omissions of your coach as a result of any advice given otherwise resulting from the coaching relationship contemplated by this agreement. You further declare and represent that no promise, inducement, or agreement not expressed in this agreement has been made.
- **For one-on-one coaching:** sessions may be recorded for mutual benefit and shared only with your approval. You will meet with the coach on Zoom at an agreed date and time. If you need to reschedule, we would appreciate 48 hours' notice. If you or the coach have an emergency, the session will be rescheduled as soon as possible. The coach will leave an emergency message on your email (text if preferred) if they have to cancel at the last minute. If you do not have a good reason for missing a session and don't provide notice, it will count as one of your complimentary sessions.

· **For webinars:** sessions will be recorded and shared only with the members of the webinar group. If you wish to remain anonymous during these sessions, you may turn your camera off and change your screen name. However, we do encourage participants to keep their cameras on as it facilitates a more effective experience for all involved.

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· The Gupta Program team and your coach reserve the right to refuse access to their services. All therapy, coaching, webinar, and counseling services are undertaken in accordance with the laws of the practitioner's own country and any disputes will be subject to that country's law, as follows:

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