

Privacy Policy:

At Mental Training CT, we value your privacy and are committed to maintaining the confidentiality of your personal and sensitive information. This Privacy Policy outlines how we collect, use, and safeguard the information you provide us during the course of our life coaching services.

Confidential Information: Any information shared during coaching sessions, including personal, professional, and sensitive details, will be treated with the utmost confidentiality. We will not disclose, share, or use this information for any purpose other than providing you with effective coaching services, unless required by law.

Data Security: We employ industry-standard security measures to protect your personal information. All data, including electronic records and notes, are stored securely and accessed only by authorized personnel.

Communication: We will communicate with you via secure channels, and your contact information will be used solely for the purpose of scheduling sessions, sending coaching-related materials, and providing updates on our services.

Terms and Services Policy:

By engaging in coaching services provided by Mental Training CT, you agree to the following terms and conditions:

Confidentiality Agreement: You acknowledge that all information shared during coaching sessions will remain confidential and will not be disclosed to any third party unless required by law.

No Refund Policy: Payments made for coaching services are non-refundable. By signing the coaching contract, you acknowledge and accept that no refunds will be issued for any reason.

Rescheduling Policy: You may reschedule a coaching session by providing at least 24 hours' notice. Failure to provide timely notice will result in forfeiture of the session fee.

Late Arrival and Cancellation: If you arrive late for a coaching session, the session will still conclude at the scheduled end time. If you do not attend the session within the first 15 minutes without prior notice, the session will be considered canceled, and the session fee will be forfeited.

Cancellation by Coach: In the unlikely event that the coach needs to cancel a session, you will be provided with an alternative session time or date.

Termination of Services: Both parties reserve the right to terminate coaching services at any time, with reasonable notice provided to the other party.

By signing below, you acknowledge that you have read, understood, and agreed to the terms and conditions outlined in this Privacy Policy and Terms and Services Policy.

First and Last Name Print

Signature

Date