

New Client Application

Name 1:

Name 2:

Terms & Conditions

- I/ We agree that rescheduling or cancellations of appointments must be a minimum of 24 hours before the planned date, to avoid forfeiting the session.
- I/ We understand that coaching is in no way to be construed as psychological counselling or any type of therapy. Coaching results are not guaranteed.
- Tara recognises that anything the client/s shares with me is regarded as confidential, whether it is business or personal information.
- Tara may use or share on social media or in other mediums, the educational content of a session, in a way that **does not identify us by name or detail**.
- Tara is committed to providing you with the tools & frameworks required to build your skills, and to guiding and supporting you throughout the process.
- I/ We understand that to get results from this program we need to practice using the tools each day between sessions.
- For the best results, we are committed to watching each weekly video, complete the exercises, and practice using the tools each day between sessions.

Signature 1:

Signature 2:

Tara Whitewood: