

BY SCHEDULING A COACHING SESSION AND/OR ANY COACHING PACKAGES
WITH TARAKINI TARALA, YOU AGREE TO THE FOLLOWING TERMS AND
CONDITIONS:

CONFIDENTIALITY STATEMENT*

Confidentiality: As your coach, I recognize that within this course of work you may give me personal information. I will not at any time, either directly or indirectly, use any information for my own personal benefit or disclose information to any third party. You acknowledge that I may hypothetically and anonymously share matters discussed to others, without identifying or naming the Client for training or consultation purposes or otherwise, and that this **shall not** be a breach of this Agreement.

I, Tarakini Tarala, will not divulge that you and I are in a coaching relationship without your permission. I will hold everything that we say and do confidential unless you present a physical danger to yourself or others. I will not distribute or share your email, phone number, mailing address, or any other personal information collected from you to anyone else at any time. Please note that unlike a physician or lawyer, our confidentiality agreement is not protected by law. Should it ever happen, I cannot claim in court to be unable to divulge the contents of our conversations.

CLIENT CONSENT TO SERVICES*

Commitment. I understand that in order to benefit from coaching, it is important to choose times where I can be free of distractions and focused on the coaching sessions. I have given thought and consideration to the time and mental effort coaching will entail and am ready to commit to actualizing the realizations of the sessions. I understand that sticking to a session schedule as advised by my coach will allow me to get the most out of my investment in coaching.

Nature of the relationship: I am aware that the coaching relationship is not a substitute for psychological counseling, psychotherapy, or any medical service. In the event that I feel the need for professional counseling or therapy, it is my responsibility to seek out a licensed professional. If I am already in the care of a mental health professional, I have consulted with them and made them aware of my pursuit of a professional coaching relationship. I enter into coaching with the full understanding that I am responsible for creating my own results. I am hiring Tarakini Tarala for the purpose of advising and supporting me with respect to meditation, life skills, wellness, personal objectives, communication skills, self-worth, and/or assisting in creating a structure for identifying and achieving my goals. I agree that Tarakini Tarala is not working as an employment agent, psychotherapist, or professional of any other matter other than a meditation coach.

No Guarantees. I understand that each individual is unique and holds their own responsibility for their health/wellness. I acknowledge that I have not received any guarantees or promises as to the results or success that may be obtained through coaching.

Ethical Standards. I understand that my coach Tarakini Tarala, is an Authorized Sambodha Meditation Teacher who abides by the Sambodha teaching guidelines.

What I Expect from You for our coaching session

As the client,

- I will be on time for our sessions.
- I will be present with my coach and free from distraction for our sessions.
- I will be prepared for each coaching session with an agenda of what I want coaching on
- I will make sure my coach knows everything she needs to know so she can coach me.
- I will maintain high expectations for both myself and my coach.
- I give my coach permission to be direct and bold with me.
- I will take my own notes and be responsible for my own learning and take-aways.
- I will provide my coach with feedback on what's working and what's not.
- I will reschedule more than 48 hours in advance of our session or I'll forfeit my coaching time (and pay the associated fee for coaching).

What I commit to as your coach

- I will be on time for our sessions.
- I will be present with you and free from distraction for our sessions.
- I will hold what you tell me compassion and non-judgement
- I will be kind, honest and direct.
- I will be prepared for each coaching session.
- I will validate, focus on and believe in your strengths and the best in you.
- I will accept you fully and meet you where you are.
- I will support you in considering new perspectives.
- I will co-create new possibilities with you.
- I will support your learning and forward your progress.
- I will consistently focus on your highest agenda for yourself

RESPONSIBILITY FOR CHANGE

I work from the belief in "Cause and Effect," or "Reasons and Results". We are all fully responsible for our own lives and decisions. Each of us can choose to be at cause for all of the results in our lives or we can allow ourselves to believe that we are at the effect of situations and events directed by others. Those on the "effect" side of the equation tend to have "reasons" for their lack of results. You must be willing to give up that position to experience results.

- The responsibility for change rests entirely with each of us
- Your Coach will do everything possible to support you in achieving your own results and desired outcomes; your Coach cannot make any changes for you
- You are responsible for the cause of all change in your life
- Your Coach will work with you to identify solutions and offer suggestions, options and coaching based on their own personal experience, training and the information you give them

- All decisions and courses of action are entirely yours and you accept full responsibility for
- You should always carefully evaluate the consequences of various options and act accordingly including seeking Professional Advice prior to taking actions where appropriate

SCHEDULING & CANCELLATION POLICY*

Scheduling Deadlines: Please be aware that coaching package sessions must be used within the allotted time frame of the said package. Coaching begins with payment and when the first session is scheduled. Coaching sessions cannot be stretched out over extended periods of time. All coaching sessions (including rescheduling) within a purchased package must be used within the time frame of the offered package and cannot extend past 14 days of the end date of the coaching package.

You may cancel an individual session as long as it is done up to 7 days before our scheduled time to receive a full refund.

If you cancel between 6 days and 48 hours before the scheduled session, you will receive a 50% refund.

There will be no refund if a cancellation occurs within 48 hours prior to the scheduled session or you do not show up for the session.

However, sometimes life gets in our way and we need to make changes. To allow for some flexibility, you have the option to reschedule your session once without any fees instead of canceling it. This has to occur at the latest 48 hours before the scheduled session.

I will initiate our coaching sessions by starting our coaching session on the platform indicated in the confirmation email. You just need to click the link to get into the session room. If the session has not yet started, remain in the online session room until the session begins. If you are late or unavailable, this cuts into our coaching time together. To avoid that, and to make sure that we make the most of our time together, please be punctual. Please note that I will hold a space of 15 minutes. After that time, I will consider our call a “no show” which will result in the loss of that session time.

If you have unexpected technical problems, you can call me by phone during the session and we can hold the meeting over the phone if necessary. You can call me at the following number, I'll call you back: 206 880 1420. Sometimes it happens that the internet connection is not enough, then we can switch to audio instead of video or we can continue the session by phone.

If, for any reason, I have to postpone the meeting less than 7 days ahead of our meeting, you will receive an additional 30 minutes free time as compensation for your inconveniences.

Personal Responsibility: I understand that it is my responsibility to schedule coaching

session appointments within the online system provided by Tarakini Tarala. If I am unable to schedule a session or have issues, I am aware that I must notify Tarakini and she can help me schedule a session within the system. Should anything change, I am prepared to make the change to my appointment online if a change needs to be made. I am aware that if I cannot find a time that works best for me, I can contact Tarakini to setup a time that may not be offered within the appointment system.

Termination: If at any time either one of us becomes dissatisfied for any reason, we can cancel the arrangement if you have booked more than 3 sessions in advance. If for whatever reason you decide that our sessions are no longer valuable to your goals, you may request to terminate coaching in writing. A \$200 administrative fee will be charged for terminating a coaching contract unless I as your coach make the decision to end coaching. This ensures a strong partnership between us as well as the commitment to the coaching process.

COACHING DISCLAIMER & WAIVER

All coaching services and communication, email or otherwise, delivered by Tarakini Tarala, (your “Coach”), as well as information set forth on this website (Pathofcompassion.org) are meant to help you identify the areas in your life and in your thinking that may be standing in your way. However, coaching is not professional mental health care or medical care. If you feel psychologically stressed to the point that it is interfering with your ability to function, please have the courage to seek the help you need in the form of a professional counselor. Coaching may augment your therapy, but the work of coaching is meant to be done when major emotional and psychological wounds are already healing or healed.

In that spirit, by purchasing coaching services from Tarakini Tarala, you confirm that you have read and agree to each statement and that you wish to proceed:

- I understand that the coaching services I will be receiving from Tarakini Tarala are not offered as a substitute for professional mental health care or medical care and are not intended to diagnose, treat or cure any mental health or medical conditions. I also understand that Tarakini Tarala is not acting as a mental health counselor or a medical professional.
- I understand that coaching is, at present, an unregulated industry and that Tarakini Tarala is not licensed by the State of Washington or any other state. I also understand that for all legal purposes, the services provided by Tarakini will be considered to be provided in the State of Washington.
- I understand and agree that I am fully responsible for my well-being during my coaching sessions, and subsequently, including my choices and decisions.
- I understand that coaching is not a substitute for counseling, psychotherapy, psychoanalysis, mental health care or substance abuse treatment, and I will not use it in place of any form of therapy.

- I understand that to the extent our work together involves career or business, Tarakini is not promising outcomes included but not limited to increased clientele, profitability and or business success.
- I understand that Tarakini will protect my information as confidential unless I state otherwise in writing. If I report child, elder abuse or neglect or threaten to harm myself or someone else, I understand that necessary actions will be taken and my confidentiality agreement limited in this capacity. Furthermore, if my Coach is ordered by a court to provide information or to testify, she will do so to the extent the law requires.
- I understand that the use of technology is not always secure and I accept the risks of confidentiality in the use of email, text, phone, Skype and other technology.
- I hereby release, waive, acquit and forever discharge my Coach, any agents, successors, assigns, personal representatives, executors, heirs and employees from every claim, suit action, demand or right to compensation for damages I may claim to have or that I may have arising out of acts or omissions by myself or by my Coach as a result of the advice given by my Coach or otherwise resulting from the coaching relationship contemplated by this agreement. I further declare and represent that no promise, inducement or agreement not expressed in this agreement has been made to me to sign this agreement. This agreement shall bind my heirs, executors, personal representatives, successors, assigns, and agents.

By checking the box on the page to schedule your coaching session and/or package I acknowledge that I have read and agree to the terms & conditions of this agreement outlined in this document.