

# Phoenix Coaching – Terms & Conditions

Welcome to Phoenix Coaching. These Terms & Conditions govern your use of our services. By accessing or engaging with Phoenix Coaching, you agree to the following:

## 1. Services Overview

Phoenix Coaching provides personalized coaching services focused on health, wellness, lifestyle, and personal development. Services may include:

- 1:1 coaching sessions
- Group programs
- Digital resources (guides, plans, content)
- Ongoing support via messaging platforms

All services are provided for **educational and informational purposes only**.

## 2. Medical Disclaimer

Phoenix Coaching does **not** provide medical advice, diagnosis, or treatment.

- All guidance is for informational purposes only and is not a substitute for professional medical advice.
- You must consult a **qualified healthcare professional** before:
  - Making changes to your diet or exercise
  - Starting, stopping, or modifying any medication
  - Using any **medical device**, supplement, or treatment
- Do not ignore or delay seeking professional medical advice based on information provided by Phoenix Coaching.
- If you have any pre-existing condition, are pregnant, nursing, or under medical supervision, you must obtain medical clearance before participating.

By using our services, you acknowledge that:

- You are fully responsible for your health decisions
- Phoenix Coaching is not liable for any medical outcomes

## 3. Fitness & Injury Waiver

By participating in any fitness or wellness-related activities, you acknowledge:

- Physical activity involves inherent risks, including injury, illness, or aggravation of existing conditions
- You are medically fit to participate or have obtained appropriate medical clearance

You agree to:

- Listen to your body and stop if discomfort or pain occurs
- Modify exercises based on your capability

To the fullest extent permitted by law, you:

- Voluntarily assume all risks
- Waive and release Phoenix Coaching from any liability related to injury, health complications, or damages

This applies to all formats including:

- Online sessions
- Virtual coaching
- Pre-recorded content
- Written plans

## **4. Client Responsibilities**

You agree to:

- Provide accurate and honest information
- Take responsibility for your actions and results
- Follow guidance to the best of your ability
- Communicate respectfully

Results are not guaranteed and vary by individual.

## **5. Payments & Pricing**

- All payments must be made in advance unless otherwise agreed
- Pricing may change, but existing clients will not be affected mid-program
- Payments are non-transferable

## **6. Cancellation & Refund Policy**

- Sessions must be rescheduled at least **24 hours in advance**
- Missed sessions may be forfeited
- Refunds are generally not provided once services have started
- Exceptions are at the sole discretion of Phoenix Coaching

## **7. Intellectual Property**

All materials provided are the intellectual property of Phoenix Coaching.

You may not:

- Copy
- Share
- Resell
- Distribute

any content without prior written permission.

## **8. Confidentiality**

- All personal information shared will be kept confidential
- Information will not be disclosed without consent unless required by law

## **9. Limitation of Liability**

Phoenix Coaching shall not be liable for:

- Any direct or indirect damages
- Injuries or health issues arising from participation
- Outcomes resulting from decisions made based on coaching

Use of services is at your own risk.

## **10. Termination of Services**

We reserve the right to:

- Refuse or terminate services in cases of inappropriate behavior
- End services if terms are violated

Clients may discontinue at any time, subject to the refund policy.

## **11. Modifications to Terms**

Phoenix Coaching may update these Terms at any time. Continued use of services indicates acceptance of updated terms.

## **12. Governing Law**

These Terms are governed by the laws of India.