

Terms and Conditions

Our Agreement

The Services

1. Subject to the terms of this agreement, I shall provide you with the services outlined in the booking, and any further services agreed between us in writing from time to time. These services shall be delivered in return for payment as detailed in my website or confirmed in writing.
2. Any dates and times specified, scheduled or otherwise agreed between us, are subject to variation at my discretion with reasonable notice.
3. My provision of the services is subject to:
 - a. Your timely payment of all Charges and Expenses due see [Charges and Expenses](#).
 - b. Your fulfilment and/or agreement to these terms and conditions and the Client Conduct outlined in [Client Conduct](#).
 - c. Provision of the information as specified and as otherwise reasonably required by me from time to time.
 - d. You are agreeing to provide information to me as reasonably requested.
 - e. You agreeing to take appropriate action within reasonable and agreed timescales as reasonably advised by me, or mutually agreed for the progression of your situation.
 - f. Any further services required are to be agreed In Writing and will be provided within a mutually agreeable timescale.

Charges and Expenses

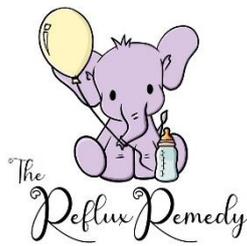
1. The Charges detailed on my website are payable on booking dates selected and/or stated (or in any case payment is due in full in advance of a particular service, whichever is the sooner).
2. Any additional charges or expenses shall be mutually agreed before they are incurred in writing and will be billed accordingly. You agree:
 - a. To reimburse any expenses reasonably incurred by me in relation to the services over and above what is outlined in my website on when incurred and agreed upon in writing.
3. All payments of Charges and Expenses shall be made by PayPal. Details are in [Charges and Expenses](#).
4. If you become aware of any circumstances preventing you from meeting the agreed payment outlined at booking or mutually agreed in writing, you must inform me as soon as reasonably possible. I retain the right to immediate termination of services.

Confidentiality and Non-Disparagement

1. Each party shall keep confidential all sensitive information relating to the other and their business. This includes materials provided in connection with the services provided.
2. Neither party shall use such information for any purpose other than that for which it was provided.
3. Clauses shall not apply to the extent that any information is required to be disclosed by law or by any court or public body having binding authority to require such disclosure.
4. Each party agrees not to engage in any conduct or communications, public or private, intended, or likely to disparage the other or damage their interests.

Client Conduct

1. You agree to behave professionally, courteously, and respectfully in all dealings with me, any person(s) acting on my behalf and any other clients or other third parties to whom you may be introduced in connection with the Service.
2. You agree to adhere to any programme guidelines which I may provide from time to time.
3. You agree not to carry out any action intended or likely to bring me or the Services into disrepute.



Liability and Indemnity

1. My liability to you in connection with the agreement shall be limited to the level of the charges you have paid me for under the services or additional services agreed to in writing. This also applies to any breach of this agreement or negligence.
2. I do not accept any liability for:
 - a. Any consequential or indirect losses, loss of profit, business, goodwill and/or anticipated savings
 - b. Any failure or delay in performing the services arising from any matter beyond my reasonable control.
 - c. You shall indemnify me, and any person(s) acting on my behalf, for any and all losses, costs, claims or demands, suffered by me or them, arising as a result of your acts or omissions.
 - d. This agreement shall not limit the liability of any person in respect of any matter for which it is not possible to limit liability by law.

Termination

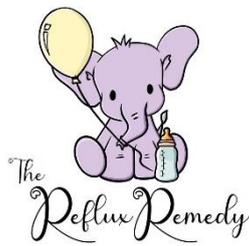
1. The provision of services by me can be terminated immediately by giving the other party notice in writing if the other party:
 - a. Fails to pay agreed charges and expenses passed the due date.
 - b. Improper use of my material
 - c. Any breach of confidentiality
 - d. Any other action deemed to bring me, my company, any person working with me, or any member connected to my company into disrepute.
 - e. Is admitted to hospital under mental health legislation.
 - f. Is under a court order due to a mental disorder (in any legal jurisdiction)
 - g. Has given Power of Attorney to someone else in relation to any of the decisions required under this agreement.
2. Either party can terminate this agreement or provision of or acceptance of services with 24 hours' notice in writing (including email/text message with confirmation that they have been received) to the other at any time. Termination of services by you with less than 24 hours' notice are subject to a 50% consultation fee as outlined here and on the booking notice.
3. Termination shall not affect the rights or obligations of either party accrued up to termination and all rights and obligations.
4. In the instance of termination where services have been provided, there shall be no refund of charges paid unless there has been a material breach of the terms listed herein by me. No charges will be due past termination date.

Photos and Recordings

1. You shall not distribute or share any recordings to anyone outside of whom my services are provided for.
2. You agree for photos or recordings that include your name, voice, or likeness to be used for any lecture, teaching, coaching, other goods, or services offered by me or marketing materials with written permission.
3. This agreement and provision of services and any non-contractual claims or disputes shall be governed by and construed in all respects in accordance with Irish law, and each party agrees to the exclusive jurisdiction of the Irish courts.

Disclaimers

1. You acknowledge that the Services involve coaching and education, that their effect depends on your own level of engagement and commitment and that no specific results can therefore be guaranteed by me. I accept no responsibility for any decisions made by you as a result of the services provided.
2. My obligations are limited to providing services as expressly described in my website or in writing and no further warranties, representations or assurances are given by me except where these are implied by and cannot be excluded under law.



3. You acknowledge that you understand I am not a medical doctor and that the Services are not intended to be medical services or substitute for medical services.
4. I am a certified CPD and apply the principles from my experience and accreditation to my advice. I am a qualified Nutritionist and draw knowledge from other sources of information based on my personal experiences and research.

Declaration

By taking on my services you agree that you have read and agree to abide by these Terms and Conditions in full.

