

TERMS OF ENGAGEMENT Between the Client and Autonomic Coaching

Autonomic Coaching is a leading provider of the next generation health transformation programmes. Our goal is to empower busy individuals to make informed modifications to their lifestyle habits to help to achieve their optimal individual health and performance.

At Autonomic Coaching we deploy latest scientific findings and wellness technologies to predict more accurately what types of physical exercise, diet and lifestyle choices best suited to your unique biology. Armed with this knowledge our associated health transformation practitioners (HTPs) will design a bespoke fitness, dietary and stress management recommendations to help you to achieve individual health and wellness goals in faster and with less strain manner.

This document outlines the framework for our services and informs you about terms of services. It also contains a consent for processing personal data and release from liability statement, which you are asked to sign to enable us to provide you with the best possible services. Depending on the programme/ services you have chosen you may be asked to sign additional wavers and consent forms.

Kindly sign this document at the bottom of the last page and return a sign copy to justin@autonomiccoaching.com

PRIVACY POLICY

Protecting your privacy and your personal information is an important aspect of the way Autonomic Coaching operates. We will only collect relevant personal information from you with your prior knowledge and consent.

Testing and assessments: Your biochemical samples collected by Autonomic Coaching will not be used for any testing besides these ordered by you. After testing has been completed and verified, your sample may be used for control or further research purposes in an anonymised way Autonomic Coaching also using other test providers. Results of your physiological, functional any other tests results, and any personal information are maintained under a strict policy of confidentiality.

Consultations: It is confidential that you discuss in your sessions with your Autonomic Coaching therapists and consultants. Your consultant is required to keep brief notes about the focus of your work and share with Autonomic Coaching their part of the report. Autonomic Coaching aggregate this information from different practitioners all these data kept safely and securely stored by .Autonomic Coaching keeps a record of your name, contact details and dates and times of appointments on a password-protected database.

We deal with your personal data in compliance with General Data Protection Regulation (POPI) and other relevant current SA data protection legislation. We have implemented rules and measures to protect the personal information that we have under our control from unauthorised access, improper use, alteration, unlawful or accidental destruction and accidental loss. We will remove personal information from our system where it is no longer required (except where archiving is necessary).

If you wish to update or amend the information stored by Autonomic Coaching or to request it to be sent to you, please contact Justin Maguire.

PAYMENTS, CANCELLATION AND REFUND POLICY



Payments for the health transformation programmes, additional consultations, assessments and tests can be made by cash, bank transfer, paypal or via website. All tests have to be pre-paid in advance and at least 50%

of the deposit is required for Autonomic Coaching HTP programmes. Payments for the sessions and additional testing can be covered on pay as you go basis. As we work with third party therapist's, Autonomic Coaching will be not be liable to provide you with any services unless the payment has been made according to invoice raised by one of Autonomic Coaching wellness consultant or tests/assessments providers.

You are required to pay for sessions, which are missed or cancelled, with less than 48 hours notice. Please submit any cancellation via e-mail to justin@autonomiccoaching.com or call our business phone at +27713563211. E-mail cancellations must contain the following; the first name, last name, order number, and email address. This information must be identical to the information originally submitted on your order. Please provide contact information so that we may contact you if we have questions in regard to cancelling your order.

If for any reasons you are not satisfied with the service that assigned therapist is providing to you, please discuss it with Autonomic Coaching wellness consultant immediately. We will either re -assign you a new therapist and refund all unused sessions.

CONSENT FOR PROCESSING PERSONAL INFORMATION

I authorize Autonomic Coaching to collect and securely store the information about my fitness and nutritional status, tests and assessments results and any other data generated during my services with them. This will include the tests results provide by Autonomic Coaching or Autonomic Coaching testing partners.

I understand that this data will be used to create health transformation programmes and personalised recommended instructional feedback, coaching, nutrition and training services. Therefore, my Personal Data may be shared with certain Third-party business partners of Autonomic Coaching in order to offer certain part of my health transformation programs, further testing or programme related goods.

By signing this form, I consent Autonomic Coaching to collect, process and store my personal information.

Client Name: _____

Client Signature: _____

Date: _____

RELEASE FROM LIABILITY STATEMENT

I fully understand that those who counsel me from Autonomic Coaching are not providing me with medical advice. Autonomic Coaching do not diagnose, treat or cure any condition, illness or disease. Any information shared with me by Autonomic Coaching professionals is solely for wellness and educational purposes.

I understand that all biochemical, functional and physiological testing results, reports, consultations and coaching services provided by Autonomic Coaching Ltd do not constitute to any medical advice or replace any medical diagnosis of status. They are given as information for better understanding and maintenance of the best possible state of overall health and wellness and do not involve the diagnosing, treatment or prescribing of remedies for disease.



I also understand that it is my responsibility to discuss any and all information provided during consultations and coaching with my primary health care practitioner or any other health care providers/specialists whose care I may be under. If I have a health concern or need a specific medical advice resulting from information provided, I must consult a medically qualified professional

By signing this waiver, I do hereby release, discharge and agree to hold harmless Autonomic Coaching and its owners, experts, employees, officers, directors, agents, staff, from any and all legal liability, including claims or demands for personal injury or sickness, during my participation and after, in Autonomic Coaching health transformation programmes, testing, consultations, coaching and health transformation programmes.

I assume sole responsibility for my own health and for the results of any consultation and coaching provided by Autonomic Coaching that may affect my health in any way. All information received by me from Justin Maguire ,Autonomic Coaching life and its practitioners is accepted with full knowledge that any action taken by me as a result of the information received is my complete responsibility.

Client Name: _____

Client Signature: _____

Date: _____

Please contact Justin Maguire on justin@autonomiccoaching.com if you have any further questions about this document