

# 2122 Coaching: One-Month Coaching Agreement

Welcome to 2122 Coaching. Thank you for taking a step toward living a more balanced, sustainably successful, and healthier life while you build your dreams. This agreement covers your one-month coaching engagement with Elizabeth Ruscitto, 2122 Coaching of 2122, LLC ("2122 Coaching"). Please review and accept below.

## Frequently Asked Questions

**Is this therapy?** No, coaching is not therapy. While both are valuable in moving you past roadblocks, their approaches differ. Coaching takes you from where you are now and moves you forward. Therapy often involves examining your past to understand how you got here. Coaching does not diagnose. I am a positive advocate of therapy, and some clients benefit from working with both professionals at the same time.

**What is coaching?** In short, it is a collaborative process in which we help you define, embrace, embody, and holistically move toward what you really want in life. We will help you find success as you define it.

**How will you coach me?** Bringing my personal, professional, and educational experience to our work allows me to use many skills together. I listen to you and with you, not for judgment but for understanding. I ask questions that allow you to think in new and revealing ways. I motivate, encourage, and support you at every stage. I share resources that will assist you and provide good information. I help you reveal, identify, and focus on your passions and dreams. I co-create supportive structures and environments in your life, and I hold you accountable to yourself and your goals.

**Who succeeds in coaching?** Successful coaching clients are willing to ask and answer difficult questions and challenge their perceptions. They are willing to reveal the truth, sit with it, learn from it, and then act. They have a vision, however clouded at times, of a better life. They are highly functioning, intelligent people with a desire to realize their best, and they consistently show up for their work, our sessions, and themselves.

## Your Engagement

This is a one-month coaching engagement that includes 3 sessions plus email, text or voice note support Tuesday through Friday via Slack or Voxer.

## **Sessions**

Sessions are generally 55 to 60 minutes, which allows me a few minutes afterward to pull together any follow-up action items or resources for you. Where possible, I advise leaving a full 75 minutes for yourself. Often you will want to move right into action after our call, so having that time set aside creates a powerful environment for you.

## **Scheduling**

We will work together to set times that work well for both of us. Coaching time slots are available on Tuesdays, Wednesdays, and Thursdays in ET, within our pre-designated dates and times.

## **Rescheduling**

Coaching time is priority time for both of us. Changes happen from time to time, but please give 24 hours notice if you need to reschedule, by email only, except in the case of an emergency. You may reschedule [1] session in less than 24 hours during this one-month engagement without charge. Changes made more than 48 hours in advance are not subject to change fees. Frequent rescheduling makes the work harder for both of us.

## **Billing and Fees**

Payment in full is due before the start of your first kickoff session. Pricing and any payment plan options are as shown on the checkout page. Your program will not begin until payment has been made and this agreement has been accepted.

## **Confidentiality**

The client and coach relationship is both personal and highly professional. My clients must always feel safe in what they share. I encourage you to share the un-exaggerated truth with me. I am ready to hear it, and it remains safely in my care. While I am not legally protected in the way your lawyer or doctor is, I hold a strict no-disclosure policy. Your information is always held in the strictest confidence and is never shared, rented, or sold. Occasionally I may ask you to share your story or offer a brief testimonial. You are under no obligation to participate. If you choose to, your story or information will be used only with your prior written consent, and can be shared anonymously or with attribution. Sharing your progress is powerful, and it is always your decision to make.

## **Use of AI Tools and Your Consent**

To give you accurate recaps and well-prepared follow-ups, I may record and transcribe our sessions and use AI-powered tools to organize notes, draft session summaries, and prepare resources. By accepting this agreement, you consent to the recording, transcription, and AI-assisted processing of our sessions and related materials. The same strict no-disclosure policy applies to anything processed this way, and I use reasonable care in choosing and using these tools. AI-generated notes and materials are working tools to support you, not professional, legal, medical, or financial advice. If you prefer that a session not be recorded, let me know in advance and I will accommodate that.

## **Refund Policy**

Team Elizabeth wants you to be happy with your program. It is your responsibility to bring up any concerns immediately so I can do my absolute best to resolve them. If you do not raise your concerns, I cannot do my best to address them. If for any reason you are not satisfied, you may stop the program at any time. Because we will have invested considerable time and effort into your progress, if you decide to withdraw for any reason, you remain fully responsible for all payments and the full cost of the program. To clarify, no refund will be provided for any reason.

## **Intellectual Property Rights**

Elizabeth Ruscitto retains all ownership rights to the materials provided during your participation. The copyrighted and original materials are for your individual use only, with a single-user license. You are not authorized to share, copy, distribute, or otherwise disseminate any materials, electronically or otherwise, without prior written consent. All intellectual property, including the copyrighted program materials, remains the sole property of Elizabeth Ruscitto, and no license to sell or distribute these materials is granted or implied. You agree not to reproduce, duplicate, copy, sell, trade, resell, or exploit any portion of the program or its materials for any commercial or personal purpose.

## **Your Responsibility and Results**

Coaching works when you do the work. You alone are responsible for the actions you take or do not take, and for the results you create. It is up to you to bring your best to the relationship, and not doing so will limit your success. Any examples or testimonials are not a promise or guarantee of results. Your outcome depends on your own background, dedication, desire, and effort.

## **Personal Responsibility and Assumption of Risk**

You acknowledge that you take full responsibility for your well-being and all decisions made before, during, and after your program. I have used care in preparing the information provided to you, but all of my information, programs, and services are made available to you for your own personal use and for informational and educational purposes only. You accept full responsibility for your choices, actions, and results, and you expressly assume the risks of the program for your use or non-use of the information provided. You understand that you are expressly assuming all of the risks of the program, whether or not such risks were created or exacerbated by the program. Every effort has been made to accurately represent the program and its potential. Any testimonials or examples are not intended to represent or guarantee that anyone will achieve the same or similar results. Everyone's success depends on his or her background, dedication, desire, and motivation.

## **Disclaimer**

While serving in the role of a coach, Elizabeth is not, nor does she hold herself out to be, a lawyer, accountant, therapist, counselor, or any other such position at any time before, during, or after your program. Nothing contained in this program is intended to be a substitute for other professional services you may need. Elizabeth does not provide legal or financial advice. You should always seek the advice of your own attorney, accountant, or financial manager regarding your own legal and financial situation. Elizabeth may make adjustments to the program structure as she sees fit.

## **Indemnification and Hold Harmless**

Elizabeth may not be held responsible in any way for the information you request or receive through this program. By accepting this agreement, you fully and completely hold harmless, indemnify, and release Elizabeth Ruscitto and any employees, staff, consultants, agents, contractors, or anyone affiliated with us from any and all liability, damages, causes of action, allegations, suits, sums of money, claims, and demands whatsoever, in law or equity, that you ever had, now have, or will have in the future, arising from your participation in or in any way related to the program, even if we were aware in advance of the possibility of any such claim.

## **Non-Disparagement**

In the unfortunate event of a dispute between client and coach, the client agrees not to engage in any conduct or communications, public or private, designed to disparage the program or

Elizabeth Ruscitto. Where requested by law or arbitration, the client is not prohibited from sharing their thoughts and opinions as part of the legal process.

## **As Your Coach, I Agree To:**

- Explore and examine, without judgment, your current life plan, beliefs, and habits, and their effectiveness in getting you the results you want.
- Partner with you to bring awareness to your thoughts, feelings, beliefs, actions, and results, and to collaboratively craft strategies that promote action toward your most authentic self, your goals, and your healthiest, happiest life.
- Honor you by being punctual, flexible, reliable, respectful, confidential, and professional in all aspects of our relationship, firmly adhering to the ICF code of ethics.
- Support you, encourage you, hold space, honor your health and unique needs, challenge you, and frequently make specific requests of you, including assignments and homework.
- Be honest and state openly that I am not qualified to diagnose or treat any medical or psychological condition. If medical or psychological factors are at work in your life, or become known during our relationship, it is critical that you promptly seek the proper outside professional assistance.

## **As the Client, I Agree To:**

- I have read and understand the details in this agreement and agree to a coaching relationship defined by these guidelines.
- I agree to be punctual, respectful, and truthful to the very best of my ability.
- I understand the nature of the coaching relationship and realize that I alone am responsible for myself and any actions I take or do not take. I therefore hold my coach, Elizabeth Ruscitto, harmless from all results I produce in my life as a byproduct of my actions or inactions.
- I agree to the amount and terms of payment for services as shown at checkout.
- I agree that it is up to me to bring my best to the coaching relationship, and that failure to do so will not lead to my full success. I agree to act, when necessary, with the best of my integrity.
- I agree to be open to deeply examining my life and any potential self-sabotaging behaviors, to notice why phrases such as "I don't know" may come up, and to consistently show up for myself.

By clicking the accept Box, we both acknowledge that you have read, understand, agree to, and accept all of the terms in this agreement. Your program will not begin until this agreement has been accepted and the initial or PIF payment has been made.

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