

The Core Shift: Terms and Conditions

1. Program Overview

This agreement covers participation in the 6-week Core Shift Program, including:

- 1 × 60-minute Clarity Call
- 4 × 1:1 Coaching Calls
- 1 × 60-minute *Blueprint Call* (final session to map the next chapter)
- Access to an exclusive Facebook group for additional support and community

All calls must be scheduled and completed by November 30, 2026.

2. General Freedom of Liability

Participants acknowledge that coaching involves personal reflection and growth which may bring up emotional or mental discomfort. By joining, participants assume full responsibility for their experience and release Jennifer Johnson Coaching from any liability related to their mental, emotional, or physical well-being.

3. Role of Jennifer Johnson (Life Coach)

Participants understand that Jennifer Johnson provides coaching services, which are not a substitute for therapy, counseling, or medical treatment, though they may be complementary. Each participant is responsible for monitoring their own well-being and decisions during and after the program.

4. Confidentiality Agreement

The Core Shift is a confidential program. All personal experiences, stories, and information shared during calls or in the Facebook group are private and may not be disclosed outside the program. This confidentiality is essential to create a safe and supportive environment for all participants.

5. Payment Terms and Reservation

- Investment: \$497 paid in full OR 2 payments of \$250.
 - All payments are non-refundable, regardless of personal circumstances or withdrawal from the program.
 - Payment is required to secure a place in the program.
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6. Procedure & Schedule

- Calls will be scheduled based on mutual availability.
 - The Coach will make every effort to accommodate rescheduling requests made with at least 24 hours' notice.
 - All calls must be completed by November 30, 2026. Calls not scheduled or completed by this date will be forfeited.
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7. Coach–Client Relationship

The Coach agrees to maintain the ethics and standards set by the International Coaching Federation (ICF). Participants acknowledge they are fully responsible for their own choices, actions, and results arising from the coaching relationship.

8. Privacy/Data Protection

Information shared will not be disclosed without the Client's written consent, except in cases of legal obligation or imminent risk of harm.

9. Cancellation Policy

- Calls canceled with at least 24 hours' notice are eligible to be rescheduled within the program timeframe.
 - Missed calls or no-shows will not be rescheduled.
 - All sessions must be completed by November 30, 2026.
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10. Limited Liability

The Coach makes no guarantees of specific outcomes. In no event shall the Coach be liable for indirect or consequential damages. The Coach's entire liability is limited to the amount actually paid by the Client for services rendered.

11. Entire Agreement


This Agreement reflects the entire understanding between Coach and Client and cannot be amended except in writing signed by both parties.

12. Binding Effect

This Agreement is binding upon all parties and their respective successors and permissible assigns. By signing below, Client acknowledges their understanding and agreement with these terms.

For further questions or concerns, please contact:

Jennifer Johnson Coaching

 440-915-4275

 jenniferjohnson5683@gmail.com

Client Name (print): _____

Client Signature: _____

Date: _____

Coach Name (print): Jennifer Johnson

Coach Signature: Jennifer A Johnson

Date: 9/9/2025 _____