

# ELOVATE ME

## Coaching Participant Agreement

### The Remix — 8-Week Group Coaching Program

Shelley Cooke / Elovate Me | elovateme.com

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This Agreement is entered into between Shelley Cooke / Elovate Me ("Coach") and the participant named below ("Participant") upon enrollment in The Remix, an 8-week group coaching program. By checking the "I agree to the Participant Agreement" checkbox at checkout, Participant agrees to the following terms. This electronic acceptance constitutes Participant's signature and has the same legal effect as a handwritten signature. The date and time of checkout acceptance is recorded by ThriveCart and serves as the binding date of this Agreement.

#### 1. Program Overview

The Remix is an 8-week live virtual group coaching program utilizing the Soundtrack Method — a proprietary approach to identity transformation and emotional state management through intentional music curation. Sessions are conducted via video conferencing and include both instructional content and facilitated group participation.

Program details:

- Duration: 8 weekly sessions of 75 minutes each
- Format: Live virtual group coaching (video conferencing platform)
- Cohort size: 8–10 participants
- Session schedule will be confirmed upon enrollment

#### 2. Nature of Coaching — Not Therapy

Coaching is a collaborative, forward-focused partnership designed to support personal growth, goal setting, and intentional living. Coaching is NOT therapy, counseling, mental health treatment, or medical advice.

Shelley Cooke is a coach, not a licensed therapist, psychologist, or medical professional. The Soundtrack Method and all program content are designed for personal development purposes only. If Participant is experiencing a mental health crisis, trauma, addiction, or any condition requiring clinical support, Participant is encouraged to seek care from a qualified licensed professional.

Participation in this program does not establish a therapeutic or clinical relationship of any kind.

#### 3. Confidentiality & Group Privacy

The Remix is a group coaching environment where participants may share personal experiences, emotions, and life details. All participants are expected to hold what is shared in the group in strict confidence.

By enrolling, Participant agrees to:

- Keep all personal information shared by fellow participants strictly confidential
- Not share, repeat, screenshot, record, or disclose anything shared by other participants outside the group
- Treat all group members with respect, kindness, and discretion

Coach will likewise maintain confidentiality of Participant's personal information shared within the program, except as required by law.

#### **4. Session Recording Policy**

To protect participant privacy while ensuring access to program content, the following recording policy applies:

- Instructional and content portions of each session may be recorded
- Recording will be paused during open sharing, personal reflection, and group discussion portions of each session
- Coach will notify participants clearly when recording begins and ends
- Recordings are shared exclusively with enrolled participants of that cohort
- Recordings are for personal use only and may not be downloaded, shared, distributed, or reproduced in any form
- Recordings will be made available for a limited time (typically 72 hours after each session) and are not a permanent archive

Participant agrees not to record any portion of any session — audio, video, or otherwise — without the express written consent of Coach and all other participants present. Exception: Celebratory or performance moments (such as the Week 7 live music experience or Future Self Anthem sharing) may be recorded with the unanimous consent of all cohort members present, at Coach's discretion, and may be shared with participating members as a keepsake of the experience.

#### **5. Payment Terms**

Participant agrees to pay the applicable program fee in full prior to the first session, or according to the payment plan selected at enrollment. Payment plan options include:

- Pay in Full: \$497
- 2-Payment Plan: \$267 x 2 (total \$534) — first payment due at enrollment, second payment due 4 weeks after program start

All payments are processed securely through ThriveCart. By selecting a payment plan, Participant authorizes the scheduled charges to their payment method on file. In the event of a failed payment, Coach reserves the right to suspend access to program materials until payment is received.

#### **6. Refund Policy**

Participant may request a full refund at any time up to and including 24 hours after the conclusion of Session 1. No refunds will be issued more than 24 hours after Session 1 has taken place, regardless of attendance or participation in subsequent sessions.

To request a refund, Participant must contact Coach in writing at [shelley@elovateme.com](mailto:shelley@elovateme.com) no later than 24 hours after the conclusion of Session 1.

In the event Coach cancels or is unable to deliver the program, Participant will receive a full refund.

## 7. Participant Responsibilities

Participant agrees to:

- Attend sessions prepared and on time
- Engage with program materials, exercises, and playlist assignments between sessions
- Treat fellow participants and Coach with respect at all times
- Maintain a distraction-reduced environment during live sessions
- Notify Coach in advance if unable to attend a session

Coach reserves the right to remove a participant from the program without refund if their conduct is disruptive, disrespectful, or harmful to the group experience.

## 8. Intellectual Property

All program content, materials, worksheets, methodologies (including the Soundtrack Method), playlist frameworks, and session recordings are the intellectual property of Shelley Cooke / Elovate Me. Participant may use these materials for personal use only.

Participant may not reproduce, distribute, teach, resell, or use any program content for commercial purposes without express written permission from Coach.

## 9. Limitation of Liability

Coach makes no guarantees regarding specific outcomes, results, or transformations from participation in this program. Individual results will vary based on each participant's engagement, effort, and personal circumstances.

To the fullest extent permitted by law, Shelley Cooke / Elovate Me shall not be liable for any indirect, incidental, or consequential damages arising from participation in this program.

## 10. Agreement & Acknowledgment

By checking the agreement checkbox at checkout, Participant acknowledges that they have read, understood, and agree to all terms of this Agreement. This electronic acceptance is binding and recorded at the time of purchase.