

## Life Review Journey Coaching Program Terms of Participation & Coaching Agreement

### **Agreement**

By enrolling in and participating in the Life Review Journey Coaching Program, you (“the Client”) agree that you are entering into a professional coaching relationship with Maureen Ross Gemme, MS Ed, of Emerge Leadership Academy, LLC (“the Coach”).

This agreement becomes effective upon enrollment and acceptance into the program and remains in effect for the duration of the coaching engagement, which consists of a structured life review process delivered over approximately six (6) to eight (8) weeks, including scheduled coaching sessions and reflective exercises, unless otherwise agreed upon in writing.

### **Scope of Coaching Services**

The Life Review Journey is a guided coaching experience designed to help clients reflect on their past, process life experiences, release regrets or resentments, and clarify intentions for the future. Coaching may include, but is not limited to:

- Guided life review exercises and written reflections
- Values clarification and meaning-making
- Exploration of personal narratives, patterns, and turning points
- Letting go of limiting beliefs, regrets, or unresolved experiences
- Visioning and intention-setting for the next chapter of life
- Accountability and supportive dialogue

### **Confidentiality**

All client information shared during the Life Review Journey will be kept strictly confidential except as required by law. Due to the deeply personal nature of this work, the Coach honors the Client’s trust and vulnerability.

All materials, exercises, worksheets, and methodologies provided remain the intellectual property of the Coach and may not be shared, copied, reproduced, or distributed without written permission.

### **Client Responsibility & Disclaimer**

The Client acknowledges that the Life Review Journey is a coaching and educational experience, not therapy, counseling, or medical treatment. The Client is fully responsible for their own emotional well-being, decisions, actions, and outcomes.

No guarantees are made regarding emotional healing, life outcomes, or specific results. Individual experiences vary based on engagement, readiness, and willingness to reflect honestly.

### **Certification & Eligibility**

By enrolling, the Client certifies that:

- They are not currently experiencing a mental health crisis
- They are not taking prescription anti-psychotic medications
- If under the care of a licensed mental health professional, they have received permission to participate in a reflective coaching program involving life review exercises

The Coach reserves the right to pause or terminate the coaching relationship if participation is deemed outside the appropriate scope of coaching.

### **Program Structure & Access**

The Life Review Journey may include:

- Scheduled coaching sessions via Zoom
- Guided life review prompts, worksheets, and writing exercises
- Reflection assignments completed between sessions
- Limited email support between sessions as appropriate

All materials are for individual use only and may not be shared or transferred.

### **Scheduling & Cancellations**

Sessions are scheduled by mutual agreement. A minimum of 24 hours' notice is required to cancel or reschedule a session. Missed sessions or late cancellations may be forfeited.

The program is intended to be completed within the agreed timeframe unless otherwise approved in writing.

### **Termination & Refund Policy**

The Client may choose to discontinue participation at any time. However, all payments are non-refundable once the program has begun.

The Coach reserves the right to terminate the engagement for non-payment, breach of terms, or if the coaching relationship is no longer appropriate.

### **Technology & Third-Party Platforms**

The program may utilize third-party platforms such as Zoom or Google Drive. The Coach is not responsible for technical interruptions, outages, or changes to third-party services.

### **Governing Law**



This agreement shall be governed by and construed in accordance with the laws of the State of Connecticut. Any legal action arising under this agreement shall be filed in Hartford County, Connecticut.

### **Contact Information**

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### **Acceptance of Terms**

By enrolling in the Life Review Journey Coaching Program, submitting payment, or participating in any session, you acknowledge that you have read, understood, and agreed to these Terms of Participation & Coaching Agreement.