

ZEST QUEST

Less stress. More zest.

BETTER BOUNDARIES WORKSHOP PARTICIPANT AGREEMENT / TERMS AND CONDITIONS

Organisation: Zest Quest

Website: zestquest.com.au

Facilitator: Nicholas Dob

Workshop: Better Boundaries Workshop

Date: Saturday 22 August 2026, 1:00 pm – 4:00 pm

Updated: Jul 21, 2026

AGREEMENT BY REGISTRATION OR PAYMENT

By registering for, making payment for, attending, or participating in the Better Boundaries Workshop, you confirm that you have read, understood, and agreed to the terms and conditions set out in this document. No physical signature is required. Your registration, attendance or payment constitutes your acceptance of these terms.

Please read this Participant Agreement carefully before registering for or attending the Workshop.

1. Purpose of the Workshop

The Workshop is designed to provide education, reflection, practical exercises, and experiential learning related to personal and professional boundaries. It is intended for general educational and developmental purposes only and is not a substitute for individual therapy, medical care, legal advice, or emergency support.

2. Participation, Voluntary Involvement, and Assumption of Risk

The Workshop includes experiential activities that may involve standing, movement, raised voices, physical gestures, and sharing personal reflections in a group setting.

- Your participation in any individual activity is entirely voluntary. You may choose to observe rather than participate, or to step out of an activity at any time, without needing to explain why and without any penalty.
- You confirm that you are voluntarily choosing to attend and participate, and that you are responsible for judging your own physical and emotional capacity to take part in any given activity.

- If you have a pre-existing physical, psychological, or medical condition that you believe may be affected by participation, we recommend you consult a qualified health professional before attending, and you are welcome to contact us beforehand to discuss the format of the Workshop.
- You agree to participate respectfully and will not hold Zest Quest responsible for the outcome of your own voluntary participation in any activity.

3. Not Therapy

Although the Workshop may be facilitated by a therapist and coach, the Workshop itself is not a therapy session or clinical treatment relationship unless expressly agreed in writing. No diagnosis, treatment plan, or therapeutic outcome is promised or guaranteed.

4. Self-Care and Suitability

You agree to participate only if you believe the Workshop is suitable for your physical and emotional well-being. If you have a medical, mental health, or crisis-related concern, you should consult the facilitator or an appropriate professional before attending. If you are in immediate danger or need urgent help, contact emergency services or a crisis line in your area.

5. Group Confidentiality

You agree to keep private any personal information shared by other participants during the Workshop and not disclose it outside the Workshop. You understand that, while participants will be asked to respect confidentiality, complete confidentiality cannot be guaranteed in a group setting.

6. Respectful Conduct

You agree to treat the facilitator and other participants with respect. Harassing, discriminatory, threatening, unsafe, or disruptive behaviour may result in removal from the Workshop without refund.

7. Recording and Materials

You may not record, photograph, screenshot, copy, distribute, or reproduce any Workshop content, slides, handouts, exercises, or recordings without prior written permission from Zest Quest. All Workshop materials remain the property of Zest Quest or its licensors.

8. Intellectual Property

All Workshop content, including exercises, frameworks, worksheets, handouts, and presentation materials, is protected by intellectual property laws. Your registration gives you a personal, non-transferable licence to use the materials for your own learning only.

9. No Guarantee of Outcomes

The Workshop is intended to support learning and reflection, but individual results vary. Zest Quest and Nicholas Dob do not guarantee any specific personal, professional, emotional, or financial outcome from participation.

10. Limitation of Liability

To the maximum extent permitted by law, Zest Quest's total liability arising out of or in connection with the Workshop, however arising, is limited to the amount you paid for your ticket. Nothing in these Terms excludes, restricts, or modifies any consumer guarantee or other right under the Australian Consumer Law that cannot lawfully be excluded, restricted, or modified.

Zest Quest is not liable for any indirect or consequential loss, including loss of income, travel or accommodation costs, or any emotional distress arising from your voluntary participation in Workshop activities, except where caused by our negligence.

11. Medical or Emergency Situations

You are responsible for your own physical and emotional wellbeing during the Workshop. If needed, you authorise the facilitator or event staff to seek emergency assistance on your behalf. You are responsible for any resulting medical costs.

12. Attendance, Refunds, and Transfers

We understand that plans can change. The following applies if you need to cancel your place:

- 10 or more days before the Workshop: full refund, less any payment processing fee, or a free transfer to a future Workshop date.
- 5 to 9 days before the Workshop: 50% refund, or a free transfer to a future Workshop date.
- 5 days or fewer before the Workshop: no refund, but you may transfer your ticket to another person, or request a one-time transfer to a future Workshop date at our discretion.
- To cancel or request a transfer, contact us in writing using the contact details on our website, zestquest.com.au [confirm preferred contact email/phone for insertion here]. Refunds are returned to the original payment method through Stripe and may take several business days to appear.

13. Changes and Cancellation

- If we cancel a Workshop, you will receive a full refund or, if you prefer, a transfer to an alternative date.
- If we need to reschedule, change the venue, or change the facilitator due to circumstances beyond our reasonable control, we will notify you as soon as practicable and offer a transfer or refund if the new arrangements do not suit you.
- We are not responsible for any incidental costs you incur in connection with the Workshop (such as travel, accommodation, or leave from work) if the Workshop is cancelled, postponed, or changed.

14. Governing Law

These terms are governed by the laws of Queensland, Australia, and you agree to submit to the exclusive jurisdiction of the courts of that jurisdiction.

15. Acceptance

By registering for, making payment for, attending, or participating in the Workshop, you confirm that you have read, understood, and agreed to this Participant Agreement. Your registration or payment constitutes your acceptance of these terms, and no physical signature is required.

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