

Terms & Conditions

1Life Strategy

Effective Date: 1/1/2026



1. Overview

By accessing this website or engaging in services provided by 1Life Strategy, you agree to the following Terms & Conditions.

These terms are designed to ensure clear expectations, mutual respect, and a professional working relationship.

2. Services

1Life Strategy provides coaching services, including but not limited to:

- 90-Minute Strategy Sessions
- Ongoing Accountability Coaching

Coaching is designed to provide guidance, structure, and support. Results are not guaranteed and depend on individual effort and follow-through.

3. Not Professional Advice

Coaching services are not a substitute for:

- Legal advice
- Financial advice
- Medical or mental health services

You are responsible for your own decisions, actions, and results.

4. Payments & Deposits

- Strategy Sessions require payment (or deposit, if applicable) to secure your booking.
- Payments are non-refundable unless otherwise stated.

5. Cancellations & Rescheduling

Life happens—I understand.

- A minimum of 48 hours' notice is required for cancellations or rescheduling.
- 90-minute Strategy Sessions:
 - Cancellations made with less than 48 hours' notice will result in the deposit being retained.
 - To rebook after less than 48 hours' notice, a new deposit is required.
- Initial Coaching Consultations:
 - No deposit is required.
 - However, cancellations within 48 hours will require a \$50 deposit to reschedule.
 - This deposit will be refunded once the call is completed, or retained if the appointment is missed or rescheduled again with less than 48 hours' notice.

6. Session Recordings

Coaching sessions may be recorded for your personal use.

- Recordings are provided within 24 hours for Strategy Sessions and ongoing coaching sessions.
- Recordings are not to be shared, distributed, or used for commercial purposes.

7. Client Responsibility

You understand that:

- You are responsible for your time, decisions, and actions
- Coaching provides support and structure, but outcomes depend on your participation
- Consistency and follow-through are key to results

8. Confidentiality

All information shared during coaching sessions will be treated with respect and discretion.

However, confidentiality cannot be guaranteed in all circumstances, and coaching is not bound by legal privilege.

9. Limitation of Liability

1Life Strategy is not liable for:

- Decisions made based on coaching conversations
- Business, financial, or personal outcomes
- Any indirect or consequential damages

10. Intellectual Property

All materials, content, and session frameworks provided are the property of 1Life Strategy and may not be copied, distributed, or reproduced without permission.

11. Changes to Terms

These Terms & Conditions may be updated at any time. Continued use of services constitutes acceptance of any changes.

12. Contact Information

For questions regarding these terms:

1Life Strategy

Email: kristine@1lifestrategy.com

