

## Terms and Conditions

### Introduction

Welcome to **Chris-Cooper.com**. By accessing and using my online coaching services, you agree to comply with and be bound by the following terms and conditions. These terms apply to all clients regardless of their location.

### Client Responsibilities

As a client, you agree to:

- Provide accurate and complete information.
- Actively participate in coaching sessions.
- Follow through with agreed-upon actions.
- Respect the confidentiality of the coaching relationship.

### Service Description

My services include general health coaching provided through internet-based platforms. These services are intended to support your wellness journey but are not a substitute for professional medical or psychological treatment.

### Payment Terms

Payment for services is due at the time of booking. I accept the following payment methods:

**Credit and Debit Cards:** Visa, MasterCard, American Express and **PayPal**.

### Currency and Fees

All fees for my services are listed in British Pounds (£). Clients are responsible for any additional fees related to currency conversion or international transactions. Please choose the payment method that is most convenient for you. For any questions or assistance, feel free to contact me.

### Cancellation Policy

To reschedule or cancel a session, please provide at least 24 hours' notice. Cancellations made with less than 24 hours' notice may result in the full session fee being charged. Exceptions can be made in case of emergencies, and discretion will be exercised in such situations.

**Liability**

**Chris-Cooper.com** is not liable for any direct, indirect, incidental, or consequential damages arising from the use of my services. My coaching services are provided "as is" without any warranties or guarantees. Clients are responsible for their actions and decisions.

**International Clients**

Clients from different countries should be aware of and comply with their local laws regarding online health services. I strive to adhere to international data protection standards, including GDPR for EU clients.

**Governing Law**

These terms and conditions are governed by the laws of England and Wales. Any disputes arising from these terms will be resolved in the jurisdiction of the courts of England and Wales.

By using my services, you agree to these terms and conditions.