

Ways of Working Programme Agreements

Introduction

Mindfulness is a powerful and beneficial tool that, if practiced responsibly, can transform your experience of life.

Because it is a powerful tool, it is important that you use it responsibly. Below are specific ways in which I request you participate in this programme. Please observe these agreements at all times.

Agreements

By entering into this partnership, you agree that:

1. The Client is solely responsible for creating and implementing his or her own physical, mental and emotional well-being, decisions, choices, actions and results arising out of or resulting from the relationship. As such, the Client agrees that Business Brilliance is not and will not be liable or responsible for any actions or inaction, or for any direct or indirect result of any services provided by Business Brilliance. The Client understands that this programme is not therapy and does not substitute for therapy if needed, and does not prevent, cure, or treat any mental disorder or medical disease.
2. The Client participates in Business Brilliance programmes with the full knowledge of the risks involved in the practice of mindfulness and breathwork. The contraindications for mindfulness and breathwork include:

2.1. Medical Contraindications

- 2.1.1. Epilepsy
- 2.1.2. Detached Retina
- 2.1.3. Glaucoma
- 2.1.4. Osteoporosis that restricts movement
- 2.1.5. High Blood Pressure not controlled with medication

2.1.6. Cardiovascular disease and/or irregularities including prior heart attack

2.1.7. Prior strokes or seizures

2.1.8. Aneurysm or genetic history of aneurysms

2.1.9. Blood thickening issues

2.1.10. Pregnancy

2.1.11. Asthma without an inhaler

2.2. Psychiatric Contraindications

2.2.1. Prior professional diagnosis of bipolar disorder or schizophrenia

2.2.2. Hospitalisation for any psychiatric condition or emotional crisis during the past 10 years

2.2.3. Diagnosed PTSD with strong symptoms

2.2.4. Any other conditions negatively impacted by physical, emotional or psychological release

3. The participant will create the time and energy to participate fully in the programme.
4. This educational relationship, as well as all information (documented or verbal) that the Client shares with Business Brilliance as part of this relationship, is bound by the principles of confidentiality. However, please be aware that the relationship is not considered a legally confidential relationship (like the medical and legal professions) and thus communications are not subject to the protection of any legally recognised privilege. Business Brilliance agrees not to disclose any information pertaining to the Client without the Client's written consent. Business Brilliance will not disclose the Client's name as a reference without the Client's consent.
5. Except as expressly provided in this Agreement, Business Brilliance makes no guarantees, representations or warranties of any kind or nature, express or implied with respect to the educational services negotiated, agreed upon and rendered. In no event shall Business Brilliance be liable to the Client for any indirect, consequential or special damages. Notwithstanding any damages that the Client may incur, Business Brilliance's entire liability under this Agreement, and the Client's exclusive remedy, shall be limited to the amount actually paid by the Client to Business Brilliance under this Agreement for all educational services rendered through and including the termination date.
6. All Business Brilliance's educational programmes are copyrighted and are restricted to personal use only.

For more guidance or information, please contact Lori West, CEO of Business Brilliance Professional Development Ltd, at info@businessbrilliance.co.uk.