

TERMS AND CONDITIONS

PLEASE READ THE FOLLOWING TERMS AND CONDITIONS OF USE CAREFULLY BEFORE USING THIS WEBSITE.

All users of this site agree that access to and use of this site is subject to the following terms and conditions and other applicable laws. If you do not agree to these terms and conditions, please do not use this site. This policy is effective starting July 25, 2021.

TERMS AND CONDITIONS

The Website Standard Terms and Conditions contained herein on this webpage, shall govern your use of this Website, including all pages within this Website, social media platforms including but not limited to Facebook, and any other related platforms (collectively referred to herein below as this “Website”). These Terms apply in full force and effect, to your use of this Website and by using this Website, you expressly accept all terms and conditions contained herein in full. You must not use this Website, if you have any objection to any of these Website Standard Terms and Conditions.

COPYRIGHT

The entire content included in this Website including but not limited to text, graphics or code is copyrighted as a collective work under the Canadian and other copyright laws and is the property of True S3lf: Wellness for Mind, Body & Spirit. The collective work includes works that are licensed to True S3lf, ALL RIGHTS RESERVED. Permission is granted to electronically copy and print hard copy portions of this Website for the sole purpose of placing an order with True S3lf or purchasing products from True S3lf.

You may display and, subject to any expressly stated restrictions or limitations relating to specific material, download or print portions of the material from the different areas of the Website solely for your own non-commercial use, or to place an order with True S3lf, or to purchase True S3lf products.

Any other use, including but not limited to the reproduction, distribution, display or transmission of the content of this Website is strictly prohibited, unless authorized by True S3lf. You further agree not to change or delete any proprietary notices from materials downloaded from the Website.

TRADEMARKS

All trademarks, service marks and trade names of True S3lf used on the Website are trademarks or registered trademarks of True S3lf.

WARRANTY DISCLAIMER

This Website and the materials and products on this Website are provided “as is” and without warranties of any kind, whether express or implied. To the fullest extent permissible pursuant to applicable law, True S3lf disclaims all warranties, express or implied, including, but not limited to, implied warranties of merchantability, health and wellness for a particular purpose and non-infringement. True S3lf does not represent or warrant that the functions contained on the Website will be uninterrupted or error-free, that the defects will be corrected, or that this Website or the server that makes the Website available are free of viruses or other harmful components. True S3lf does not make any warranties or representations regarding the use of the materials in this Website in terms of their correctness, accuracy, adequacy, usefulness, timeliness, reliability or otherwise. Some states do not permit limitations or exclusions on warranties, so the above limitations may not apply to you.

LIMITATION OF LIABILITY

True S3lf shall not be liable for any special or consequential damages that result from the use of, or the inability to use, the materials on this Website or the performance of the products, even if True S3lf has been advised of the possibility of such damages. Applicable law may not allow the limitation of exclusion of liability or incidental or consequential damages, so the above limitation or exclusion may not apply to you.

FOR EDUCATIONAL AND INFORMATIONAL PURPOSES ONLY

The information provided in or through this Website is for educational and informational purposes only and solely as a self-help tool for your own use.

MEDICAL DISCLAIMER

True S3lf and its associates, employees, contractors and consultants are not medical practitioners. You are advised to seek your doctor’s counsel before starting any new program. If you are unsure of any information that you are given, you are to seek out the advice of your medical practitioner.

NOT LEGAL OR FINANCIAL ADVICE

True S3lf and its associates, employees and consultants are not attorneys, accountants or financial advisors, nor are we holding ourselves out to be. The information contained in this Website is not intended to be a substitute for legal or financial advice that can be provided by your own attorney, accountant, and/or financial advisor. Although care has been taken in preparing the information provided to you, we cannot be held responsible for any errors or omissions, and I accept no liability whatsoever for any loss or damage you may incur. Always seek financial and/or legal counsel relating to your specific circumstances as needed for any and all questions and concerns you have now or may have in the future. You agree that the information on our Website is not legal or financial advice.

PERSONAL RESPONSIBILITY

You aim to accurately represent the information provided to us on or through our Website. You acknowledge that you are participating voluntarily in using our Website and that you are solely and personally responsible for your choices, actions and results, now and in the future. You accept full responsibility for the consequences of your use, or non-use, of any information provided on or through this Website, and you agree to use your own judgment and due diligence before implementing any idea, suggestion or recommendation from our Website to your life, family or business. If you receive contradictory information between this Website and your medical doctor or therapist/ psychologist/ psychiatrist/ etc, it is your responsibility to use your own judgment in seeking out the support and judgement that you require and you are solely responsible for your own choices, actions and results. You agree that Tammy Skomorowski, True S3lf, its staff and contractors and any other affiliate partners are not responsible for your success or failure of your personal development or decisions, or any other result of any kind that you may have as a result of information presented to you through our Website. You are solely responsible for your results.

CODE OF CONDUCT

You may not use True S3lf for any illegal or unauthorized purpose. In addition to the laws of the Province of British Columbia, Canada, you also agree to comply with all local laws that apply to your use of the Website. You may not use the Website in any manner which could disable, overburden, damage, or impair the Website, or interfere with any other party's use and enjoyment of the Website. You agree that you are responsible for your own conduct and communications while using the Website and for any consequences of that use. You agree that when using the Website, you will not post or upload any inappropriate, promotional, discriminatory, defamatory, destructive, obscene, or unlawful content; defame, abuse, harass, or otherwise violate the legal rights (such as rights of privacy and publicity) of others or upload dangerous or harmful files. True S3lf reserves the right to remove individuals from our community in instances of misconduct.

NO GUARANTEES

True S3lf is here to support and assist you in reaching your own goals to the best of our abilities. Your success depends primarily on your own effort, motivation, commitment, and follow-through. True S3lf cannot predict and does not guarantee that you will attain a particular result. Results differ for each individual based on numerous individual factors. Each individual's results depends upon, but are not limited to, your own unique background, commitment, readiness, self-awareness, openness and willingness, organization and time management, dedication, desire, motivation, actions, and numerous other factors. There are no guarantees as to the specific outcome or results you can expect from using the information you receive on or through this Website or from True S3lf services.

PURCHASES AND SUBSCRIPTIONS

If you wish to purchase any product or service made available through the Website ("Purchase"), you may be asked to supply certain information relevant to your Purchase including, without limitation, your name, phone number, email address, physical address, credit card information and geographic location. Please view our Privacy Policy for more information on how we use your personal information. Some parts of the Service are billed on a subscription basis as outlined on the sales and check out pages of the product. You will be billed in advance on a recurring basis as per the subscription agreement.

INDEMNIFICATION AND RELEASE OF CLAIMS

You hereby fully and completely hold harmless, indemnify and release True S3lf and any of its agents, consultants, affiliates, team members, joint venture partners, employees, shareholders, directors, staff, team members, or anyone otherwise affiliated with the business from any and all causes of action, allegations, suits, claims, damages, or demands whatsoever, in law or equity, that may arise in the past, present or future that is in any way related to our Website.

ERRORS AND OMISSIONS

Although every effort is made to ensure the accuracy of information shared on or through this Website, the information may inadvertently contain inaccuracies or typographical errors. You agree that True S3lf is not responsible for the views, opinions, or accuracy of facts referenced on or through the Website, or of those of any other individual or company affiliated with our business or Tammy Skomorowski in any way. Because scientific, technology and business practices are constantly evolving, you agree that True S3lf is not responsible for the accuracy of our Website or for any errors or omissions that may occur.

NO ENDORSEMENT

References or links on our Website to the information, opinions, advice, programs, products or services of any other individual, business or entity does not constitute our formal endorsement. True S3lf is merely sharing information for your own self-help. True S3lf is not responsible for the Website content, blogs, emails, videos, social media, programs, products and/or services of any other person, business or entity that may be linked or referenced in our Website. Conversely, should our Website link appear in any other individuals, businesses or entities Website, program, product or services, it does not constitute our formal endorsement of them, their business or their Website either.

AFFILIATES

From time to time, we may promote, affiliate with, or partner with other individuals or businesses whose programs, products and services align with mine. There may be instances when we promote, market, share or sell programs, products, or services for other partners and in exchange we may receive financial compensation or other rewards. True S3lf is highly selective and only promotes the partners whose programs, products and/or services we respect. At the same time, you agree that any such promotion or marketing does not serve as any form of endorsement whatsoever. You are still required to use your own judgment to determine that any such program, product or service is appropriate for you. You are assuming all risks, and you agree that True S3lf or Tammy Skomorowski are not liable in any way for any program, product or service that I may promote, market, share or sell on or through our Website.

VARIATION

True S3lf retains the right in its absolute discretion at any time and without notice to amend, remove or vary the Services and/or any page of this Website.

COMPLAINTS

True S3lf offers support to our clients and a complaint handling procedure which we will use to try to resolve disputes when they first arise, with a solution that is mutually agreeable to all parties. Please let us know if you have any complaints or comments at Tammy@trues3lf.ca

SEVERABILITY

If any provision of these Terms is found to be unenforceable or invalid under any applicable law, such unenforceability or invalidity shall not render these Terms

unenforceable or invalid as a whole and such provisions shall be deleted without affecting the remaining provisions herein.

ENTIRE AGREEMENT

These Terms, including any legal notices and disclaimers contained on this Website, constitute the entire agreement between True S3lf and you in relation to your use of this Website, and supersede all prior agreements and understandings with respect to the same.

By using our Website you are agreeing to all parts of the above Disclaimer. If you have any questions about this Disclaimer, please contact Tammy@trues3lf.ca.

TRUE S3LF PRIVACY POLICY

This page informs you of our policies regarding the collection, use and disclosure of Personal Information we receive from users of the Site. We use your Personal Information only for providing and improving the Site. By using the Site, you agree to the collection and use of information in accordance with this policy.

Where you see Site or Website below, this includes but is not limited to all pages within this Website, social media platforms including but not limited to Facebook, and any other related platforms (collectively referred to herein below as this “Site” or “Website”).

This privacy policy covers all services, products, programs and any other business-related services or products offered by Tammy Skomorowski, True S3lf: Wellness for Mind, Body & Spirit, The Self-Empowerment Method and any other programs, services or products offered by True S3lf or Tammy Skomorowski.

These policies are effective as of: July 25, 2021.

WHAT IS CONSIDERED PERSONAL INFORMATION?

Personal information refers to information such as your name, address, email address, geographic location, purchase history, gender, credit card information and browsing habits on our site.

WHAT INFORMATION DO WE COLLECT?

We collect information from you when you register on the site, place an order, enter a contest or sweepstakes, respond to a survey or communication such as email, or participate in another site feature.

When ordering or registering, we may ask you for your name, email address, mailing address, phone number, credit card information or other information. You may, however, visit our site anonymously.

We also collect information about gift recipients so that we can fulfill the gift purchase. Like many websites, we use cookies to enhance your experience and gather information about visitors and visits to our websites. Please refer to the do we use cookies section below for information about cookies and how we use them.

WE MAY PROCESS THE FOLLOWING CATEGORIES OF PERSONAL DATA ABOUT YOU:

- **Communication Data** that includes any communication that you send to us whether that be through the contact form on our website, through email, text, social media messaging, social media posting or any other communication that you send us. We process this data for the purposes of communicating with you, for record keeping and for the establishment, pursuance, or defence of legal claims. Our lawful ground for this processing is our legitimate interests which in this case are to reply to communications sent to us, to keep records and to establish, pursue or defend legal claims.
- **Customer Data** that includes data relating to any purchases of goods and/or services such as your name, title, billing address, delivery address, email address, phone number, contact details, purchase details and your card details. We process this data to supply the goods and/or services you have purchased and to keep records of such transactions. Our lawful ground for this processing is the performance of a contract between you and us and/or taking steps at your request to enter into such a contract.
- **User Data** that includes data about how you use our website and any online services together with any data that you post for publication on our website or through other online services. We process this data to operate our website and ensure relevant content is provided to you, to ensure the security of our website, to maintain back- ups of our website and/or databases and to enable publication and administration of our website, other online services and business. Our lawful ground for this processing is our legitimate interests

which in this case are to enable us to properly administer our website and our business.

- **Technical Data** that includes data about your use of our website and online services such as your IP address, your login data, details about your browser, length of visit to pages on our website, page views and navigation paths, details about the number of times you use our website, time zone settings and other technology on the devices you use to access our website. The source of this data is from our analytics tracking system. We process this data to analyse your use of our website and other online services, to administer and protect our business and website, to deliver relevant website content and advertisements to you and to understand the effectiveness of our advertising. Our lawful ground for this processing is our legitimate interests which in this case are to enable us to properly administer our website and our business and to grow our business and to decide our marketing strategy.
- **Marketing Data** that includes data about your preferences in receiving marketing from us and our third parties and your communication preferences. We process this data to enable you to partake in our promotions such as sales offers, affiliate offers, free contests with give-aways, to deliver relevant website content and advertisements to you and measure or understand the effectiveness of this advertising. Our lawful ground for this processing is our legitimate interests which in this case are to study how customers use our products/services, to develop them, to grow our business and to decide our marketing strategy.

- We may use Customer Data, User Data, Technical Data and Marketing Data to deliver relevant website content and advertisements to you (including Facebook adverts or other display advertisements) and to measure or understand the effectiveness of the advertising we serve you. Our lawful ground for this processing is legitimate interests which is to grow our business. We may also use such data to send other marketing communications to you. Our lawful ground for this processing is either consent or legitimate interests (namely to grow our business).

SENSITIVE DATA

We do not collect any Sensitive Data about you. Sensitive data refers to data that includes details about your race or ethnicity, religious or philosophical beliefs, sex life, sexual orientation, political opinions, trade union membership, information about your health and genetic and biometric data. We do not collect any information about criminal convictions and offences.

MARKETING COMMUNICATIONS

Our lawful ground of processing your personal data to send you marketing communications is either your consent or our legitimate interests (namely to grow our business).

Under the Privacy and Electronic Communications Regulations, we may send you marketing communications from us if (i) you made a purchase or asked for information from us about our goods or services or (ii) you agreed to receive marketing communications and in each case, you have not opted out of receiving such communications since. Under these regulations, if you are a limited company, we may send you marketing emails without your consent. However, you can still opt out of receiving marketing emails from us at any time.

You can ask us or third parties to stop sending you marketing messages at any time simply by unsubscribing from emails via the unsubscribe button which can be found at the bottom of each email or by sending Tammy@trues3lf.ca an email with your clear request to stop receiving emails.

If you opt out of receiving marketing communications this opt-out does not apply to personal data provided as a result of other transactions, such as purchases, warranty registrations etc.

DISCLOSURE OF YOUR PERSONAL DATA:

We may have to share your personal data with the parties set out below:

- Service providers who provide IT and system administration services.
- Professional advisors including lawyers, bankers, auditors and insurers.
- Government bodies that require us to report processing activities.
- 3rd party technology platforms and advertisers that support the running and growth of True S3lf: Wellness for Mind, Body & Spirit.

We require all third parties to whom we transfer your data to respect the security of your personal data and to treat it in accordance with the law. We only allow such third parties to process your personal data for specified purposes and in accordance with our instructions.

HOW DO WE USE YOUR INFORMATION?

We may use the information we collect from you when you register, purchase products, enter a contest or promotion, respond to a survey or marketing communication, surf the website, or use certain other site features in the following ways:

To personalize your site experience and to allow us to deliver the type of content and product offerings in which you are most interested.

To allow us to better service you in responding to your customer service requests. To quickly process your transactions.

To administer a contest, promotion, survey or other site feature.

If you have opted-in to receive our email newsletter, free challenges, or a free workbook, we will send you educational and marketing emails.

If you would no longer like to receive promotional email from us, please refer to the “How can you opt-out, remove or modify information you have provided to us?” section below.

If you have not opted-in to receive email newsletters, you will not receive these emails.

Visitors who register or participate in other site features such as marketing programs and ‘members-only’ content will be given a choice whether they would like to be on our email list and receive email communications from us.

DATA SECURITY

We have put in place security measures to prevent your personal data from being accidentally lost, used, altered, disclosed, or accessed without authorisation. We also allow access to your personal data only to those employees and partners who have a

business need to know such data. They will only process your personal data on our instructions, and they must keep it confidential.

We have procedures in place to deal with any suspected personal data breach and will notify you and any applicable regulator of a breach if we are legally required to.

DATA RETENTION

We will only retain your personal data for as long as necessary to fulfil the purposes we collected it for, including for the purposes of satisfying any legal, accounting, or reporting requirements.

When deciding what the correct time is to keep the data for, we look at its amount, nature and sensitivity, potential risk of harm from unauthorised use or disclosure, the processing purposes, if these can be achieved by other means and legal requirements. For tax purposes the law requires us to keep basic information about our customers (including Contact, Identity, Financial and Transaction Data) for seven years after they stop being customers.

We will not disclose any identifying information about you. In some circumstances we may anonymise your personal data for research or statistical purposes in which case we may use this information indefinitely without further notice to you. As well, this conglomerate information may be used in promotional materials.

COOKIES

As you browse True S3lf, advertising cookies will be placed on your computer so that we can understand what you are interested in. Cookies are files with small amount of data, which may include an anonymous unique identifier. Cookies are sent to your browser from a web site and stored on your computer's hard drive. To opt out of cookies, find and select the settings tab of your internet browser and click "block third party cookies and site data" or de-select the "accept cookies" box.

ORDERING PRODUCTS ON OUR SITE

We will request information from you on our order forms for purchase of products. To buy from us, you must provide contact information (like name and shipping address) and financial information (like credit card number, expiration date). This information is used for billing purposes and to fill your orders. If we have trouble processing an order, we'll use this information to contact you.

HOW DO WE PROTECT VISITOR INFORMATION?

We implement a variety of security measures to maintain the safety of your personal information. Your personal information is contained behind secured networks and is only accessible by a limited number of persons who have special access rights to such systems and are required to keep the information confidential. When you place orders

or access your personal information, we offer the use of a secure server. All sensitive/credit information you supply is transmitted via Secure Socket Layer (SSL) technology and then encrypted into our databases to be only accessed as stated above.

DO WE DISCLOSE THE INFORMATION WE COLLECT TO OUTSIDE PARTIES?

We do not sell, trade, or otherwise transfer to outside parties your personally identifiable information unless we provide you with advance notice, except as described below. It does not include website hosting partners and other parties who assist us in operating our website, conducting our business, or servicing you, so long as those parties agree to keep this information confidential. We may also release your information when we believe release is appropriate to comply with the law, enforce our site policies, or protect ours or others' rights, property, or safety.

However, non-personally identifiable visitor information may be provided to other parties for marketing, advertising, or other uses.

HOW CAN YOU OPT-OUT, REMOVE OR MODIFY INFORMATION YOU HAVE PROVIDED TO US?

To modify your email subscriptions, you can find an unsubscribe link at the bottom of each email. Please note that due to email production schedules you may receive any emails already in production. Please note that we may maintain information about an individual sales transaction in order to service that transaction and for record keeping.

THIRD PARTY LINKS

In an attempt to provide you with increased value, we may include third party links on our site. These linked sites have separate and independent privacy policies. We, therefore, have no responsibility or liability for the content and activities of these linked sites. Nonetheless, we seek to protect the integrity of our site and welcome any feedback about these linked sites (including if a specific link does not work).

YOUR ACCESS TO AND CONTROL OVER INFORMATION

You may opt out of any future contacts from us at any time. You can do the following at any time by contacting us via the email address or phone number given on our website:

- See what data we have about you, if any.
- Change/correct any data we have about you.

- Have us delete any data we have about you.
- Express any concern you have about our use of your data.

CHANGES TO OUR POLICY

If we decide to change our privacy policy, we will post those changes on this page. Policy changes will apply only to information collected after the date of the change. This policy was last modified on July 24, 2021.

ONLINE PRIVACY POLICY

This privacy policy refers only to information collected through our websites and does not apply to information collected in person at events, coaching calls or social media.

YOUR CONSENT

In using our site, you agree to our privacy policy.

QUESTIONS AND FEEDBACK

We welcome your questions, comments, and concerns about privacy. Please send us any and all feedback pertaining to privacy, or any other issue via email at: Tammy@trues3lf.ca

THE SELF-EMPOWERMENT METHOD PROGRAM POLICIES

The following policies outline your rights, responsibilities and the regulations of The Self-Empowerment Method program, and services and products offered by Tammy Skomorowski, and True S3lf staff, contractors and affiliate supports. This policy is effective as of July 25, 2021.

CONFIDENTIALITY AND LIMITATIONS TO CONFIDENTIALITY

Your personal information that is shared during group or individual sessions will be held confidential and private and will not be disclosed to anyone for any reason, without your written consent. The only time that True S3lf or its staff, contractors must breach this confidentiality is if you disclose harm to self, harm to another or awareness of harm to a minor (minor as defined in True S3lf region and / or as defined in the customer's region, whichever is younger). This break in confidentiality is in compliance with the ethical standards, standards of practice and guidelines of The Canadian Counselling and Psychotherapy Association, and in compliance with municipal, provincial and federal laws in which True S3lf is located and in which the customer is located.

Do not disclose other group member's information outside of the group. If you have concerns about the safety of another group member, share the information immediately to True S3lf representative. We will take every precaution to get the person to safety.

Feel free to share your own experiences and learning outside of the group and to let others outside of the group know about the lessons and content.

FOR EDUCATIONAL AND INFORMATIONAL PURPOSES ONLY

The information provided in or through this Website and program is for educational and informational purposes only and solely as a self-help tool for your own use. This program is not a substitute for therapy.

If you are in need of therapeutic support, please let True S3lf and its representative know and be sure to access medical and emotional support

in your community. You are advised to contact your primary care physician, as well as a regulated therapist/ counsellor, psychologist and/ or psychiatrist in your community.

Do not seek out medical advice from other participants/ customers associated with True S3lf. Do not analyze or offer medical, psychological advice to other participants associated with True S3lf.

If you are in an immediate crisis, go immediately to your local hospital or contact your primary care physician or other medical support or contact the crisis line in your community or surrounding area. Do not leave messages of this sort for True S3lf. Get yourself to medical and emotional support immediately.

SINGLE LICENSE USE

Your purchase of The Self-Empowerment Method is a single license use. This means you have purchased the program and its related products and services for your own personal, non-commercial use. It is not intended to be replicated in part or whole to be shared with anyone else. Replication, distribution, display, transmission or sale is **STRICTLY PROHIBITED**, unless authorized by True S3lf. These materials are copyrighted and licensed to True S3lf, **ALL RIGHTS RESERVED**. You further agree not to change or delete any proprietary notices from materials downloaded from the Website.

COPY RIGHT

Copying or selling in part or whole the materials in The Self-Empowerment Method program, or from any other True S3lf Website or service is strictly prohibited. It is intended for your own personal use and not to be shared with anyone outside of True S3lf without expressed written consent.

ONGOING ACCESS

You will have access to The Self-Empowerment Method content hub for 6 months from the original start date. Please feel free to download content that you wish to retain for future reference. This is copyrighted material that is for your own use and not to be distributed either for fee or for free. This material is only for you and your own personal, non-commercial

use. Sharing copyrighted materials is pirating and shall be treated as such.

Once you complete The Self-Empowerment Method program, you will be removed from The Self-Empowerment Method facebook community group and directed back to the True S3lf general community facebook group. All Code of Conduct policies apply within all True S3lf facebook pages and groups, including but not limited to: The Self-Empowerment Method facebook community group and Base Camp.

If you would like additional one-on-one, individual support, I am available for sessions. Please see www.trues3lf.ca for booking information.

You can join the True S3lf email list to learn about new and upcoming events. Sign up here: www.trues3lf.ca at the bottom of the Home Page.

APPOINTMENT CANCELLATIONS, NO SHOWS AND LATES

We take late cancellations and no-shows very seriously. When you book an individual one-on-one appointment, that time is reserved for you. If you cancel within less than 24-hours of the scheduled appointment, or if you do not show for the appointment, this time is now unavailable to be rescheduled for another client. If you do not show for the appointment and if you have not given a minimum of 24-hours notice, you will be expected to pay for the full session fee. If you are in a personal emergency situation (ie, hospitalization), the late fee may be waived. Please contact us so we can discuss: Tammy@trues3lf.ca. Always give at least 24-hours notice. Thank you for your consideration of myself and all of the other people who access support at TrueS3lf.

You can book your session online at www.trues3lf.ca. Cancellations, however are done through True S3lf and it's staff and contractors. They can be reached at: Tammy@trues3lf.ca.

If you are running late for a booked session, we understand. Life happens. Your booked session will be held for you for 20 minutes. After that time, we may have to reschedule the appointment. In which case you will be charged the full fee amount for the missed session.

You are strongly encouraged to attend all group sessions. You will not gain the full benefit of the program if you miss sessions. We understand that on occasion you may have to miss or come late to a session. If you know before you sign up for the program, that you will not be able to

attend more than one third of the group sessions (more than 4), then you may want to consider registering in a cohort that better fits your schedule.

WITHDRAWAL AND REFUNDS

The Self-Empowerment Method is a cohort program with limited seating. This means only a limited number of participants will be admitted into the program at a time. It is your responsibility to familiarize yourself with the program: topics, format, structure, and to self-assess whether you are ready to commit to the full program. Your success will require a commitment of time, finances, and energy. Since there is limited seating, your initial enrolment will reserve your seat in the program. If you need to withdraw from the program, send an email to: Tammy@trues3lf.ca and clearly outline your request and reasons for withdrawal.

Request for withdrawal up to the start date shall be refunded, no questions asked. Refund rates are as follows:

1. Withdrawal 15 days prior to the program start date shall receive a full refund, excluding administrative fees.
2. Withdrawal within the 15 days prior to the start date shall receive a 90% refund, excluding administrative fees.

Request for withdrawal once the program has started shall be refunded based on: bereavement, extreme medical condition (eg, requiring hospitalization), and severe crisis situations only. Refund rates are as follows:

1. Withdrawal within the first 2 weeks of the program shall receive a 60% refund, excluding administrative fees.
2. Withdrawal between weeks 2 and 4 shall receive a 40% refund, excluding administrative fees.
3. Withdrawal after week 4 will not be eligible for a refund.

OFFICE HOURS, CUSTOMER SERVICE, DISPUTES AND COMPLAINTS

If you require customer service, contact: Tammy@trues3lf.ca for any questions, concerns, or complaints. We will do our best to respond within 24 to 48 hours of receiving your email. Our hours of operation are Monday to Friday 9am to 5pm PST/ PDT (Vancouver Time Zone). Messages will not be checked and will not be responded to during the weekend. We will do our best to rectify any mistakes or errors as quickly as humanly possible.

PASSWORDS AND INTERACTIVE FEATURES

If you require support with passwords, access to The Self-Empowerment Method program delivery features, or if you have difficulty with interactive features of the program, contact Customer Service at: Tammy@trues3lf.ca. Take note of office hours and response time in the Customer Service section of this policy.