

Terms and Conditions - Business Coaching

About the coaching

My business coaching aims at supporting you in building a sustainably successful business, where you experience profitability, balance and joy. The coaching is often a mix of strategy and mindset, where I give you the tools and systems to go from stress and overwhelm to feeling calm and in control.

Booking and preparing for your sessions

Once you have joined, you book your sessions online – you will receive the link upon joining. You can either book multiple sessions in advance or month by month.

You will receive a Zoom link for each meeting upon joining.

Once you have joined one of my coaching intensives, you will receive questions that will help you prepare for your sessions. You send me your answers at least 24 hours before a scheduled session.

Roles and responsibilities

By hiring me as your Business Coach, you agree to the following roles and responsibilities.

My responsibilities as your Business Coach are to:

- Support you in setting goals for what you want to accomplish during our time together.
- Provide coaching during your sessions and support you in chat conversations in between sessions.
- Share with you any systems, tools and insights that may be helpful to reach your goals.
- Help you overcome obstacles and find constructive solutions.
- Be present and available for you during our sessions.
- Be supportive and constructive at all times, and always speak the truth as I see it.
- Maintain the topic focus and manage time limitations.
- Maintain client confidentiality to the full extent allowed by law

Your responsibilities as my client are to:

- Stay active and open minded during our sessions.
- Share any relevant progress, opportunities, or challenges with me.
- Set aside the time needed to work on your business.
- Share with me anything that I need to be aware of to be able to support you in the best way possible.
- Come prepared to each session.

- Change the date of a meeting only when it is absolutely necessary to do so.
- Communicate in a way that is constructive and respectful.
- Respect the time limitations of each meeting.

Rescheduling

I know that unexpected things happen in life and that we cannot always stick to our plans. However, if you need to reschedule a meeting, I ask you to kindly do as soon as possible and no later than 24 hours before that meeting is scheduled to take place.

Please note that sessions that are rescheduled later than 24 hours before their scheduled time will count as completed sessions.

Terms of the business coaching

The following terms apply to the business coaching:

You are participating with the intent to grow your business. You realize that there is work involved and you are committed to doing that work.

You agree that my role as your Coach is to support you in the best way that I can, by sharing with you any tools, systems or knowledge that can be helpful for reaching your business goals.

You understand that the results of the business coaching depend on factors such as your participation and motivation; your background and experience; the amount of work that you put in; and your unique circumstances.

You agree that you alone are responsible for creating positive results in your life and business, and that neither I (Sanna Koritz) nor Smart Entreprenad i Sverige AB can or will be held responsible for any lacking or negative results in your life and/or business.

The coaching intensives are non-refundable and non-transferrable.