

We hope this email finds you in good health and high spirits. We are excited to welcome you to the NouYou Holistic Program, a transformative 6-week self-development journey designed to empower you and enhance your overall well-being. Before we can confirm your booking, there are a few essential requirements we need to address.

First and foremost, we kindly ask that you carefully read and understand the following terms and conditions of the NouYou CIC Program. These terms and conditions outline the commitments and expectations of participants, ensuring a smooth and fulfilling experience for everyone involved. It is crucial that you acknowledge and accept these terms before we can proceed with your booking confirmation.

Additionally, as part of our dedication to providing a safe and supportive environment, we require participants to be under the care of a medical professional for mental health concerns or any ongoing cancer treatment.

We understand the unique challenges faced by mothers, individuals undergoing cancer treatment, and those dealing with bereavement. This program aims to be a source of solace and personal growth for such individuals, supporting their wellbeing throughout their journey.

To ensure we can offer the program to those who will benefit most, we kindly request evidence of your engagement with a medical professional. This may be in the form of a letter or a brief statement from your healthcare provider, assuring us of your eligibility for the NouYou CIC Program.

Furthermore, we emphasise the importance of commitment and dedication to the 6-week program. In order to maintain a cohesive and enriching experience for all participants, it is vital that you prioritise the NouYou CIC Program during this time. We kindly request that you schedule any appointments or commitments outside the program dates to allow space for others who can fully engage in the program.

We understand that unexpected circumstances may arise, and we will strive to accommodate reasonable requests. However, please be mindful of the limited spaces available and the impact on fellow participants if attendance is not prioritised.

We genuinely appreciate your understanding and cooperation in meeting these requirements, as they enable us to provide a nurturing and inclusive environment for all participants. We firmly believe that your presence will enrich the program and contribute to the collective growth and well-being of the NouYou CIC community.

Should you have any questions or concerns regarding the terms and conditions, or if you require any assistance in fulfilling the necessary requirements, please do not hesitate to reach out to our friendly team. We are here to support you on this transformative journey.

Thank you for your time, and we look forward to embarking on this empowering 6-week program with you.

Warm regards,

Sara Williams
Founder
NouYou CIC

Terms and Conditions for the NouYou CIC and Wellbeing 6 Week Transformation Holistic Program

Program Commitment:

- 1.1 Participants are requested to commit to the full duration of the 6-week NouYou CIC Program.
- 1.2 It is important that participants actively engage in all program activities and exercises, both individually and as part of group sessions.
- 1.3 In the event that a participant is unable to attend a session, we kindly ask for prior notice so that we can offer the opportunity to another individual who can benefit from the program.

Eligibility:

- 2.1 Participants must be at least 18 years of age.
- 2.2 Participants who are mothers, undergoing cancer treatment, or seeking support after cancer treatment are strongly encouraged to join the program.
- 2.3 Participants in need of mental health support should be under the care of a medical professional.

Medical Professional Requirement:

- 3.1 Participants in need of mental health support should provide evidence of engagement with a medical professional. This may include a letter or a brief statement from the healthcare provider.
- 3.2 For individuals undergoing cancer treatment, evidence of ongoing treatment or a medical professional's approval to participate is required.
- 3.3 NouYou CIC understands that circumstances may change, and participants are encouraged to inform us if there are any changes in their medical condition or situation that may affect their participation.

Confidentiality:

- 4.1 Participants are expected to maintain the confidentiality of fellow participants and their personal experiences shared during the program.
- 4.2 Sharing personal experiences or information shared by other participants outside of the program is strictly prohibited unless explicit consent has been given.

Program Materials and Intellectual Property:

- 5.1 All program materials, including handouts, exercises, and resources, provided to participants during the NouYou CIC Program are copyrighted and are the intellectual property of NouYou CIC or its partners.
- 5.2 Participants may not reproduce, distribute, or share program materials without prior written consent from NouYou.

Liability:

- 6.1 NouYou CIC and its affiliates shall not be held liable for any personal injury, loss, or damage sustained by participants during the program.

6.2 Participants acknowledge that the NouYou CIC Program is not a substitute for professional medical or mental health treatment, and NouYou CIC and its affiliates shall not be held responsible for any decisions made by participants regarding their health or wellbeing.

Cancellation:

7.1 As the NouYou CIC Program is funded by a charitable organisation, there is no fee associated with participation.

7.2 Participants who are unable to attend a session are kindly requested to provide prior notice so that we can offer the opportunity to another individual.

7.3 There are no refunds or financial obligations for participants who are unable to attend the program

Amendments:

8.1 NouYou CIC reserves the right to modify, update, or amend these terms and conditions at any time. Participants will be notified of any changes through email or other appropriate means. By participating in the NouYou CIC Program, you indicate your understanding, acceptance, and agreement to comply with these terms and conditions.

If you have any questions or concerns regarding these terms and conditions, please contact us for further clarification.

Collaboration with Facilitators Outside of the Program:

9.1 Participants may develop a strong rapport with the facilitators during the NouYou CIC Program and may express a desire to continue working with them outside the program.

9.2 NouYou CIC acknowledges that such collaborations are beyond the scope and responsibility of the program.

9.3 Any arrangements made between participants and facilitators outside of the program are solely the responsibility of the parties involved.

9.4 NouYou CIC and its affiliates shall not be held liable for any agreements, services, or outcomes resulting from interactions between participants and facilitators outside of the NouYou CIC Program.

Please note that this subcategory clarifies the limits of NouYou's involvement and liability concerning any collaborations that participants may pursue with the facilitators outside of the program.

Latest update: 09-06-2023

NEXT STEPS:

Thank you for taking the time to review the terms and conditions of the NouYou CIC Program. We appreciate your commitment and dedication to your personal growth and wellbeing.

If you are in agreement with the terms and conditions outlined, we kindly request you to take the following next steps:

Confirmation of Acceptance:

Please email us at info@nouyou.org, expressing your acceptance of the terms and conditions of the NouYou CIC Program. This will serve as confirmation of your interest to the program.

Documentation Submission:

Along with your acceptance, we kindly ask you to submit the following documents to our inbox (info@nouyou.org),

Signed Evidence of Acceptance:

1, Please print, sign, and scan the evidence of the acceptance document attached to this email. Alternatively, you may create a document stating your acceptance of the terms and conditions, sign it, and then scan it for submission.

2, Scanned Copy of Written Support from Health Care Providers: If you are seeking mental health support or undergoing cancer treatment, please include a scanned copy of the written support or approval from your healthcare provider.

By submitting these documents, you are ensuring that we have the necessary information to support your participation in the NouYou Holistic Program.

Please be assured that all submitted documents will be treated with the utmost confidentiality and stored securely in compliance with data protection regulations.

Once we have received your acceptance and the required documentation, we will proceed with confirming your booking for the NouYou Holistic Program. We will send you a separate email to confirm your participation and provide further program details.

If you have any questions or need assistance regarding the submission process or any other aspect of the program, please do not hesitate to contact us. We are here to support you.

Thank you once again for your enthusiasm and dedication to this transformative journey. We look forward to embarking on the NouYou Holistic Program together.