

IGNITE

Terms & Conditions

1. Who we are

IGNITE is operated by Her Way To Sober Ltd.

Registered office: [insert registered address]

You can contact us at: lara@herwaytosober.com

2. What you are purchasing

IGNITE is a six-week curriculum-based coaching programme.

The programme includes:

Weekly written and video resources (PDFs and videos)

Four (4) live 1:1 coaching sessions delivered online

IGNITE is delivered as a structured programme over six weeks and is not a self-paced course.

3. Price and payment

The total price of the programme is £295.

Payment is due in full in advance and can be made:

by debit or credit card via the checkout, or

by bank transfer if arranged directly with us in advance.

Your place on the programme is confirmed only once payment has been received.

4. Refunds and cancellation (UK-appropriate policy)

If you are purchasing as a consumer in the UK, you have a 14-day cooling-off period from the date of purchase, in line with the Consumer Contracts Regulations 2013.

If you cancel within this 14-day period and the programme has not yet started, you will receive a full refund.

If you request access to programme materials or attend a 1:1 session within the 14-day cooling-off period, you acknowledge that the service has begun and your right to a full refund may be affected.

Once the programme has started, no refunds are offered, except where required by law.

If you need to cancel your participation after the programme has begun, you may do so, but no refund will be due.

(This policy is standard and appropriate for live, time-bound coaching programmes in the UK.)

5. Delivery, access, and sessions

Programme materials

Programme resources are delivered weekly by email throughout the six weeks of the programme.

1:1 coaching sessions

Your four 1:1 sessions take place:

at the start of the programme, and during weeks 2, 4, and 6.

You will choose a preferred day and time for your sessions from the options provided on the programme welcome page.

Once selected, this time/day will remain the same for the duration of the programme. We will be as flexible as reasonably possible if none of the listed options suit, but session availability cannot be guaranteed outside the stated options.

Missed sessions are not refundable.

6. Important note: not therapy or medical advice

IGNITE is a coaching and educational programme.

It is not therapy, counselling, medical treatment, or a substitute for professional mental health or medical care.

No guarantees are made regarding specific outcomes. Your results depend on your own participation, circumstances, and engagement with the programme.

If you are experiencing a mental health crisis or require clinical support, please seek help from a qualified healthcare professional.

7. Intellectual property and use

All programme materials are the intellectual property of Her Way To Sober Ltd.

They are provided for your personal use only and may not be copied, shared, distributed, recorded, or resold in any form without written permission.

8. Law and jurisdiction

These Terms & Conditions are governed by the laws of England and Wales.

Any disputes arising in connection with the programme or these terms will be subject to the exclusive jurisdiction of the courts of England and Wales.

9. Changes to these terms

We may update these Terms & Conditions from time to time. The version in force at the time of purchase will apply to your participation in the programme.