

Terms and Conditions

Self-paced Goals Accountability Blueprint training

Please read these Terms and Conditions carefully. You must agree to them before beginning this program.

PURPOSE

This self-paced online venture is built to help you non-overwhelm your process of setting and achieving goals. It's a friendly atmosphere of activity with exercises to complete *in a specific order*.

I am neither a medical provider nor a therapist. If you seek more robust coaching than this casual atmosphere provides, please ask your physician for advice in finding a more structured professional counseling environment.

YOUR COACH

I'm Kathie York, your Certified Goal Success Life Coach.

When it comes to setting and achieving goals in different environments, I've been there! I'm a small business owner, a former college prep biology teacher, and a project manager. Covered alllll the bases!

You're *not* looking for a course full of weird philosophies from a five-pound book no one wants to read. Right? Good! That's why I think you'll love the Self-paced Goals Accountability Blueprint.

This online experience provides a real-world, repeatable process for setting and achieving goals, no matter your season of life. It's my honor to lead you in this effort during the recorded lessons.

YOUR PARTICIPATION

You are here because you want to 'up' your game when mapping out and reaching your goals. Great! You might be an employee 'working for the man,' a stay-at-home parent, or a small business owner.

Who you are makes a difference in how you'll approach this program. But if you're looking for a realistic way to set and achieve goals ... you're in the right place.

The training

There are seven sessions in this online course. The slides and my commentary provide:

- Small 'bite-sized' lessons you work through *in a specific order*.
- The ability to pause a session if you need to jot down a note.
- Logical exercises with a step-by-step process for setting and achieving goals

I suggest using a lined-pages notebook dedicated to these lessons. It's important to have your hand-written workshop responses available in one place for future reference. The lessons are

available to you after this first run-through. Therefore, adding the date to your pages helps you remember – over time – where you were in your goals journey.

The timeframe

Once you indicate your agreement with these Terms and Conditions, you'll receive an email containing the link for the *Self-paced Goals Accountability Blueprint* training.

Consistency is a key to success. There is no limit to how long you may use these modules. However, it is recommended you begin immediately after receiving the course link and then set a steady pace of completing at least one lesson each week.

PROGRAM RULES

Please keep these program rules in mind as you progress through the *Blueprint*.

1. **ALL lessons are for your use only.** Your fee pays only for your attendance. No one else shall have access to any information from the *Blueprint* during or after your training.

[The course comes to you by online video. I cannot guarantee the 24/7 availability of the Internet or continual bandwidth at your location to access and watch video files.]

2. I suggest you attend each session in a quiet environment free from interruptions.
3. This training is copyrighted. You shall not capture slides or narration by any method.

TECHNOLOGY

Your computer skills shall include, but may not be limited to, accessing – and navigating within – an online course. Your computer must have Internet access during each lesson and enough bandwidth to run each week's video lesson.

GUARANTEE

I guarantee you will be presented with a copyrighted, proven goal-setting process you can use again. **However, I have no control over your:**

- Level of engagement with the curriculum.
- Having the technology and skills needed for success (See 'Technology' section.)
- Thoughtful completion of all assignments *in the order they are assigned*.

I cannot guarantee you will achieve your #1 goal since I cannot control its practicality or the time frame in which you want to achieve it.

Purchasing this course subscribes you to my informative non-overwhelm posts. You can unsubscribe after your *Blueprint* is complete ... though I hope you won't!

As a subscriber, you are the first to learn about new blog posts, offers, and training. I promise **not** to stuff your inbox or share your information.

Caution: You might not receive emails associated with the training if you unsubscribe before course completion.