

PQ Adventurers Membership – Rules of Engagement

What is it: The PQ Adventurers Membership is a membership program that allows members to keep building PQ Muscle through the PQ app, to connect with fellow participants and to continue to learn and benefit from sharing in regular online meetings.

For whom is it? The PQ Adventurers Membership is open for participants who completed the 6-week PQ program with Follow the Adventure.

What is included?

- You continue to have access to the PQ app as used in the 6-week Program: you will receive daily new PQ exercises and occasionally new video material will be released in the app.
- You have access to the Global PQ Community through the app
- You are invited for 10 to 12 online meetings (per calendar year) to meet fellow PQ Adventurers who completed the PQ 6-week program with Follow the Adventure. These meetings are used to refresh PQ content and exercises, learn more in depth about PQ and share and connect with fellow members. These meetings are voluntarily.
- You are eligible for a coaching discount of 20% from my standard fee whenever you need a one-time session with Follow the Adventure. You can use this discount for a maximum of 6 sessions a year and only for single sessions. Should you need more than 1 single session, you will get a tailor-made proposal.

Fees: On my website you will find a link to sign up for automatic payments with your credit card. The standard monthly fee for the PQ Adventurers Membership is € 45,- which will be automatically deducted from your credit card at the start of each month. Should you have signed up for a 6 month or annual subscription the fee is respectively € 246,- (€ 41,- per month) and € 432,- (€36,- per month), automatically deducted at the start of every 6 or 12 months.

My commitment to you: I commit to do my very best to excite and delight you as a special PQ Adventurer Member. With the continuing access to your PQ app and the regular online meetings I offer you the option to continue to build your PQ muscle and to benefit from the PQ positive mindset program. During our online meetings I will share my knowledge about PQ with you, I will facilitate meeting other members and share experiences, and together we will create a strong community. I will keep everything that is shared in this context confidential, and I expect the same from our members. To accommodate people across different time zones I will plan our monthly meetings on different days and times. I ask for your understanding if this, occasionally, causes conflict with your agenda.

Your commitment to me / self: When you decide to sign up for the PQ Adventurer Membership program you make a few commitments to me but mostly to yourself. You commit to ongoing practices with the daily app exercises, so you can benefit optimal from building your PQ Muscle. And you commit pro-actively participate in our online meetings when you attend, so your fellow members can benefit from your experience and presence.

How to get in? At the end of your 6-week PQ program you will have several options to sign up for the PQ Adventurers Membership. Some Coaching Journeys come with a trial period. This means you can try the membership for free for the duration of your trial period. I ask you to decide whether you continue with the membership or if you want to opt out, latest 7 days before at the last day of your



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trial period. If I do not hear anything from you, you will be opted out by default. This also means you will no longer have access to new content in the PQ app.

How to get out? Should you decide to opt out of the membership, you can do so very easily by sending me an email at the end of your subscription period. Just make sure your email reaches me at least 1 month before your renewal date. Email: mirjam@followtheadventure.info

How we deal with important stuff:

As with everything in business we need to establish some rules of engagement that we agree to adhere to. Most of this is based on common sense, but for the sake of clarity you agree on the following by subscribing to the PQ Adventurer Membership;

- To treat all information that is shared within the PQ app and through the online meetings or during any other events as fully confidential
- To respect privacy of other PQ Adventurer members at any time
- To behave respectful, ethical, and open minded in our meetings and any other interaction. We aim to create an open and safe space community where there is no room for racism, sexism, exclusion of people, bullying or any other negative behaviours. It's up to me, Follow the Adventure, to act on behaviour that is conflicting the community we try to build. In the worst case I can decide the deny access to the PQ Adventurer Membership.
- I am a certified coach, but I am not a qualified therapist, doctor, or healthcare professional of any kind. I ask you to acknowledge this and to seek professional help whenever this is needed,
- I abide by the ethical standards of the International Coaching Federation, a copy of which can be found at www.coachingfederation.org. I am happy to discuss or clarify these with you.
- The PQ Adventurer Membership is based on your voluntary participation in the process, and I therefore request that you agree to release and hold me harmless from any liability arising out of or resulting from your coaching sessions or any part thereof.
- In the case of an unforeseen event or a Force Majeure, as a result of which I am not able to follow up on my commitment to the PQ Adventurer Membership I will notify you the soonest, so you can decide to continue with the membership or not. In such case any advance paid membership fee (for the 6- or 12-month subscription) will be returned for the remaining months.

The general terms and conditions of Follow the Adventure apply to your membership, which can be found at www.followtheadventure.info/legal-information

Dated: 31st January, 2022

