# Terms of Service

**The Soola Method™**

**Effective Date: October 16, 2015**

Welcome to The Soola Method™. These Terms of Service ("Terms") govern your access to and use of our website, https://www.soolamethod.com, and related online content, resources, registration forms, and communications (collectively, the "Website").

By accessing or using the Website, you agree to these Terms. If you do not agree, please discontinue use of the Website.

## 1. About The Soola Method

The Soola Method provides educational resources, training, and programs designed to help individuals address patterns of stress, worry, overthinking, and feeling stuck.

The Website is operated by Doctor Anne White, doing business as The Soola Method ("we," "us," or "our").

## 2. Educational Purposes Only

Information provided through this Website, including articles, videos, masterclasses, and other materials, is intended for general educational and informational purposes.

The content is not medical advice, psychological treatment, mental health counseling, or a substitute for diagnosis or treatment by a qualified healthcare professional.

Participation in our educational content does not establish a doctor-patient, therapist-client, or other licensed healthcare provider relationship.

If you have concerns about your physical or mental health, consult an appropriately qualified healthcare professional. Do not disregard professional advice or delay seeking care because of information on this Website.

## 3. No Guarantee of Results

We aim to provide useful educational information and practical tools. However, individual experiences and results vary.

We do not guarantee that use of the Website, participation in a masterclass, or enrollment in any program will produce a particular result.

Testimonials reflect individual experiences and are not guarantees of results for other participants.

## 4. Website Use

You agree to use the Website only for lawful purposes.

You may not:

- Use the Website in a manner that violates applicable laws or regulations.
- Attempt to interfere with its operation or security.
- Access restricted areas without authorization.
- Copy, reproduce, distribute, or commercially exploit Website materials without written permission.
- Submit false, misleading, or fraudulent information through our forms.

We reserve the right to restrict access when necessary to protect the Website, our business, or other users.

## 5. Registration and Appointment Scheduling

When you register for a masterclass, request information, or schedule a Get Unstuck Strategy Session, you agree to provide accurate contact information.

Appointment availability is subject to change. We reserve the right to reschedule or cancel appointments when reasonably necessary.

A complimentary strategy session does not guarantee admission to any Soola program.

## 6. Email Communications

When you submit your information through our Website, we may send transactional or service-related emails, including registration confirmations, appointment reminders, and information you have requested.

If you separately consent to marketing communications, we may also send educational content, announcements, and promotional emails.

You may unsubscribe from marketing emails using the unsubscribe link included in those messages. Transactional communications related to appointments or services you request may still be sent where permitted by law.

# 7. SMS/Text Messaging Terms

If you expressly opt in to receive text messages from The Soola Method, you agree to receive SMS communications at the mobile number you provide.

Depending on your consent, messages may include appointment confirmations, reminders, scheduling updates, requested information, and, where separately authorized, promotional communications.

**Message frequency varies. Message and data rates may apply.**

You may reply **STOP** to opt out of text messages at any time. Reply **HELP** for assistance, or contact us at **dranne@doctorannewhite.com**.

Consent to receive marketing text messages is not a condition of purchasing any product or service.

We do not sell or share mobile phone numbers, SMS opt-in information, or text messaging consent with third parties or affiliates for their own marketing or promotional purposes.

We may share information with service providers as necessary to deliver requested communications and operate our services, subject to appropriate privacy protections.

Wireless carriers are not liable for delayed or undelivered messages. Message delivery is not guaranteed.

For more information about our handling of personal information, please review our Privacy Policy on the soolamethod.com website

# 8. Intellectual Property

The Soola Method name, logos, educational materials, videos, written content, graphics, and other original materials are owned by us or used with permission.

Unless otherwise stated, these materials are protected by applicable intellectual property laws.

You may access Website materials for personal, noncommercial use. You may not reproduce, redistribute, sell, modify, or create derivative works from our proprietary materials without prior written authorization.

# 9. Programs, Purchases, and Payments

Certain products, courses, or programs may require payment and may be governed by separate enrollment agreements, purchase terms, or refund policies.

If you purchase a program, the specific terms presented at enrollment or checkout will govern that purchase. If those terms conflict with these Website Terms concerning the purchased program, the applicable program agreement will control.

## 10. Third-Party Services and Links

Our Website may use or link to third-party services, including website hosting, video hosting, appointment scheduling, payment processing, email delivery, SMS messaging, and analytics providers.

We are not responsible for the content, availability, security, or privacy practices of independently operated third-party websites.

Your use of third-party services may be subject to their own terms and privacy policies.

## 11. Privacy

Your use of the Website is also subject to our Privacy Policy, which describes how we collect, use, and protect personal information.

Please review the Privacy Policy at **[Privacy Policy URL]**.

## 12. Disclaimer of Warranties

To the extent permitted by applicable law, the Website and its content are provided on an “as is” and “as available” basis.

We do not warrant that the Website will be uninterrupted, error-free, completely secure, or suitable for every individual's circumstances.

## 13. Limitation of Liability

To the fullest extent permitted by applicable law, The Soola Method and its owners, employees, contractors, and representatives will not be liable for indirect, incidental, special, consequential, or punitive damages arising from your use of the Website.

Nothing in these Terms excludes or limits liability that cannot lawfully be excluded or limited.

## 14. Changes to These Terms

We may update these Terms periodically to reflect changes in our Website, services, business practices, or applicable laws.

The updated version will be posted on this page with a revised effective date. Your continued use of the Website after updated Terms become effective constitutes acceptance to the extent permitted by law.