

1. DISCLAIMER

Coach the Stride, LLC Coach the Stride, LLC and its owner, Cindy Whitmoyer, provide professional life coaching services only. Coaching is not therapy, counseling, psychiatry, psychology, or any form of licensed mental health treatment. Nothing on this website, in any coaching session, course, or digital product, or in any communication from Coach the Stride, LLC should be interpreted as medical, psychological, legal, or financial advice.

Coaching is a professional partnership focused on personal growth, life transitions, and forward-facing goals. It is not a substitute for professional mental health care. If you are experiencing a mental health crisis, thoughts of self-harm, or any condition requiring clinical support, please contact a licensed mental health professional or call 988 (Suicide and Crisis Lifeline) immediately.

By engaging with this website or purchasing services from Coach the Stride, LLC, you acknowledge and accept this distinction.

Stride with Grace Stride with Grace is an informal volunteer community and is not a licensed counseling, therapy, or mental health organization. Participation in Stride with Grace activities, events, or community spaces does not constitute a coaching or therapeutic relationship. All participation is voluntary. If you are experiencing a mental health crisis, please contact a licensed mental health professional or call 988 (Suicide and Crisis Lifeline) immediately.

2. TERMS AND CONDITIONS

Coach the Stride, LLC

Services Offered Coach the Stride, LLC offers the following paid professional services:

- One-on-one personalized life coaching
- Mentor coaching for coaching professionals
- Courses and digital products focused on life transitions, personal growth, and leadership from within

Coaching Agreement All one-on-one and mentor coaching clients are required to sign a separate coaching agreement prior to beginning services. That agreement governs the specific terms of the coaching relationship, including session structure, communication expectations, and confidentiality.

Payment Terms: To be discussed with each client and built upon the agreement created.

Cancellation and Refund Policy: I have a 24-hour cancellation policy and a 10-day refund policy. This information will be provided in the contracting agreement.

Digital Products and Courses terms of use, intellectual property ownership, refund eligibility, and any licensing terms for course content will be provided in the agreement.

Limitation of Liability Coach the Stride, LLC, and Cindy Whitmoyer are not liable for any decisions made by clients as a result of coaching sessions, mentor coaching, courses, or digital products. Clients take full responsibility for their own choices, actions, and outcomes. Results from coaching are not guaranteed. Individual outcomes vary based on personal effort, circumstances, and commitment to the process.

Stride with Grace

Stride with Grace is a volunteer community. Participation is free and voluntary. Stride with Grace and its founder, Cindy Whitmoyer, are not liable for any outcomes resulting from participation in community activities, events, or conversations. Stride with Grace does not guarantee any specific results from participation.

3. PRIVACY POLICY

Coach the Stride, LLC

Information Collected Coach the Stride, LLC may collect personal information, including but not limited to your name, email address, phone number, and any information you voluntarily provide through contact forms, intake forms, course enrollment, or email correspondence.

How Information Is Used Your information is used solely to communicate with you about coaching services, deliver purchased products and courses, respond to inquiries, and provide services you have requested. Your information will never be sold to third parties.

Confidentiality All information shared within the coaching relationship is kept strictly confidential, with the following exceptions:

- If there is reasonable cause to believe a client is in danger of harming themselves or others
- If disclosure is required by law

Third Party Tools Coach the Stride, LLC may use third-party tools, including scheduling, payment processing, email marketing, and course delivery platforms. Each tool has its own privacy policy governing data use. Coach the Stride LLC uses Acuity and Google scheduling, Microsoft Teams, QuickBooks, Claude, and Microsoft Office.

Cookies This website may use cookies to improve user experience. By using this site you consent to the use of cookies in accordance with this policy.

Your Rights You have the right to request deletion of any personal information Coach the Stride, LLC holds about you. To make such a request, please contact cindy@coachthestrive.com

Coach the Stride and Stride with Grace does not store any client information beyond the coaching engagement unless written permission by the client is provided. Basic contact information, such as name, phone number, and email address, is for communication purposes only. This information will never be sold.

Boundaries of the Coaching Relationship The client understands that coaching is not therapy and that the coach is not a licensed mental health professional. The client agrees to seek appropriate professional support if mental health concerns arise beyond the scope of coaching.

Intellectual Property Any courses, materials, workbooks, or digital products provided by Coach the Stride, LLC are the intellectual property of Cindy Whitmoyer and Coach the Stride, LLC. They may not be reproduced, shared, or resold without written permission from Cynthia D. 'Cindy' Whitmoyer.

Client and Website Visitor's Responsibility The Client and Website Visitor take full responsibility for their own decisions, actions, and outcomes.
