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## WELCOME !

Welcome to **AQ Adaptive Intelligence** and our **ADAPTIVE • Coaching services!**

We are thrilled that you have chosen to work with us to *Unleash Your Potential* and reach your personal and professional goals. We understand that embarking on a coaching journey can seem both exciting and daunting, and we want to assure you that you have made the right choice in selecting **AQ Adaptive Intelligence** as your coaching partner.

Our experienced and qualified team of coaches is dedicated to providing you with the support, guidance, and tools you need to achieve your desired outcomes. We are excited to work with you and support you on this journey of self-discovery and growth.

Let's get started!

As part of our **ADAPTIVE • COACHING** services, we offer a variety of specialized coaching programs to help you achieve the best possible results in your personal, financial, and professional life.

Our **ADAPTIVE • LIFE** program utilizes spoken sessions along with proven tools to help you identify areas of your life that may be out of balance. These sessions may include going over custom personality tests, and actionable steps to help you know yourself and synchronize your set goals - to effortlessly improve the most important areas of your life! This one is great for troubleshooting personal and professional goals that you have or would like to have - for yourself.

Our **ADAPTIVE • MIND** services use revolutionary biometric integrated healing modalities to help your mind & body to feel and perform at their optimal flow state. They include:

- A. NeuroHealing - EEG full-body meditation sessions are designed to help you achieve a deeper level of neurological relaxation, decreased body tension, and increased mental clarity.
- B. NeuroBreathwork - Breathwork sessions are designed to help you gain emotional release and conscious integration through somatic awareness with limbic-breathing synchronization.

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Our **ADAPTIVE • WEALTH** program is designed to help you create passive income through investments in cryptocurrency and show you how to keep your funds secure on the blockchain, and away from the prying hands of the corrupt traditional finance system.

Our coaches are trained and personally experienced in these specialized areas and are dedicated to helping you achieve your goals. We understand that every individual is unique and that a one-size-fits-all approach may not be effective. That's why we offer customized holistic coaching programs tailored to your specific needs and objectives. We are committed to working with you to identify your strengths, challenges, and areas for improvement, and to help you develop a personalized plan to achieve your goals.

We encourage you to take the time to review the information provided in this document and to reach out to us with any questions or concerns you may have. We are here to support you and are committed to helping you achieve your desired outcomes. Let's work together to Unleash Your Potential and achieve success in all areas of your life!

### **What to Expect & Coaching Services Agreement**

This Coaching Services Agreement (the "Agreement") is made and entered into on the date of acceptance by Client ("Client") and AQ Adaptive Intelligence ("Coach") for the purpose of providing coaching services (the "Services").

1. **Services.** Coach agrees to provide coaching services to Client as described in Exhibit A attached hereto. Coach will provide the Services in accordance with the terms and conditions of this Agreement.
2. **Payment.** Client shall pay Coach the fees set forth in *Exhibit A* attached hereto for the Services provided under this Agreement. All fees are non-refundable.
3. **Confidentiality.** Coach acknowledges that during the course of the Services, Coach may receive or have access to confidential or proprietary information of Client ("Confidential Information"). Coach agrees to hold all Confidential Information in strict confidence and not disclose any Confidential Information to any third party without Client's prior written consent. Coach shall use

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the Confidential Information only for the purpose of providing the Services under this Agreement.

4. Independent Contractor. Coach is an independent contractor and is not an employee, agent, partner or joint venture of Client.
5. Non-Solicitation. During the term of this Agreement and for a period of one (2) years after the termination of this Agreement, Client shall not directly or indirectly solicit or attempt to solicit any client or customer of Coach for the purpose of providing services similar to the Services provided under this Agreement.
6. Representations and Warranties. Each party represents and warrants to the other party that: (a) it has the legal power and authority to enter into this Agreement; (b) the execution of this Agreement by its representative whose signature appears below has been duly authorized by all necessary corporate action; and (c) the execution of this Agreement and performance of its obligations hereunder will not violate any agreement to which it is a party or by which it is bound.
7. Term and Termination. The term of this Agreement shall begin on the date of acceptance by Client and shall continue for the duration set forth in *Exhibit A*. Either party may terminate this Agreement upon written notice to the other party in the event of a material breach of this Agreement by the other party.
8. Governing Law. This Agreement shall be governed by and construed in accordance with the laws of the state of South Carolina without giving effect to any choice of law or conflict of law provisions.
9. Entire Agreement. This Agreement contains the entire agreement of the parties with respect to the subject matter hereof and supersedes all prior agreements and understandings, whether oral or written. This Agreement may not be amended or modified except in writing signed by both parties.
10. Waiver. The failure of either party to enforce any rights granted hereunder or to take action against the other party in the event of any breach hereunder shall not be deemed a waiver by that party as to subsequent enforcement of rights or subsequent actions in the event of future breaches.

**Service Package Overview**

At AQ Adaptive Intelligence, we offer a variety of coaching packages to suit your needs and budget. Our base coaching sessions are priced at \$200 per session but we offer discounts for those who commit to longer-term packages to get better results. Below is a matrix chart outlining our package options and the corresponding discounts:

**Exhibit A.**

We offer flexible service Package Plans that cater to your needs, including 1 session per week (1X), 2 sessions per week (2X), and 3 sessions per week (3X). The following matrix chart displays our service package overview with 3, 6, and 12-month calculations, which come with 10%, 15%, and 20% discounts respectively with an average per session cost of \$100 per session (before discounts are applied).

Package Plan	Sessions Per Week	Number of Sessions	3 Month Cost	6 Month Cost	12 Month Cost
1X	1	12	\$2,400	\$4,800	\$9,600
2X	2	24	\$4,800	\$9,600	\$19,200
3X	3	36	\$7,200	\$14,400	\$28,800
<b>Bundle &amp; Discounts</b>	Single Session 0%	Paid with Crypto 5%	10% off 3 Month Bundle	15% off 6 Month Bundle	20% off 12 Month Bundle

We also offer an additional 5% discount on our service packages if they are paid with cryptocurrency.

As you can see, the more sessions per week and the longer the commitment, the greater the discount and the more cost-effective the package becomes. We understand that everyone's needs are different and we are happy to work with you to create a customized package that fits your budget and goals.

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If you're looking for autopay month-to-month setups, you can find that near the end of this document: <https://www.tinyurl.com/AQNHPDF>

## **Communication Expectations**

We understand that communication is key to the success of your coaching journey. Our coaches are available to answer any questions or concerns you may have. You can reach out to us via direct messaging on our social inboxes, website, or by calling/texting us at our toll-free number. We will do our best to respond to your inquiry as soon as possible.

We encourage you to share your stories, wins, and disappointments with us, as well as your thoughts about the coaching experience. This feedback is crucial in helping us understand what works and what doesn't, and in making sure that we are meeting your needs.

Go here now to take the quick survey on our coaching and events: <https://www.surveymonkey.com/r/KDJ3BVW>

Or go here after all your NeurHealing sessions to track your progress: <http://tinyurl.com/AQNHsurvey>

We are committed to working with you to achieve your goals and to help you Unleash Your Potential. Let's work together to make the most of your ADAPTIVE Coaching experience.

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## Process Overview

1. **Initial Consultation:** During the initial consultation, we will discuss your current situation, your goals, and any challenges you may be facing. We will also assess whether our coaching services are a good fit for your needs.
2. **Assessment:** We will administer personalized personality tests, biometrics, and/or other assessments to help us understand your unique strengths and challenges.
3. **Goal Setting:** Together, we will set clear, measurable, and achievable goals that align with your personal and professional objectives.
4. **Action Planning:** We will work together to develop a customized action plan, outlining the specific steps you will take to achieve your goals.
5. **Implementation:** We will provide ongoing support, guidance, and accountability to help you implement your action plan and achieve your goals.
6. **Progress Tracking:** We will regularly track your progress and make adjustments as needed to ensure you are on track to achieving your goals.
7. **Review and Reflection:** We will periodically review your progress and reflect on the coaching process to ensure it is meeting your needs and helping you achieve your desired outcomes.
8. **Completion:** Once you have achieved your goals, we will celebrate your success and discuss any next steps or follow-up coaching that may be needed.

Please note that all coaching sessions will be held either in person or via phone/video call. Communication expectations will be discussed during the initial consultation and may include regular check-ins via direct messaging.

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## Best Practices and Guidelines

1. **Be on time:** Please arrive on time for your coaching sessions. If you are running late, please let us know as soon as possible. If you arrive more than 10 minutes late, your session may be shortened or forfeited.
2. **Be prepared:** In order to make the most of your coaching sessions, it's important that you come prepared. Feel free to review past questionnaires and any other materials provided before your session and come prepared with specific goals and questions for your coach in mind.
3. **Be open and honest:** Coaching is a partnership and it's important that you are open and honest with your coach about your thoughts, feelings, and goals. The more honest and transparent you can be, the more effective the coaching process will be.
4. **Be active in the process:** Coaching is a process, and your active participation is essential. Be willing to engage in exercises, complete homework assignments, and take action on your goals.
5. **Be respectful:** Please be respectful of your coach's time and expertise. Your coach is dedicated to helping you achieve your goals and it's important that you respect their time and experience.
6. **Communication expectations:** In order to make the most of your coaching sessions, it's important that you communicate with your coach in a timely manner. If you have any questions or concerns, please feel free to reach out via direct messaging or our website. We encourage you to share your progress and any challenges you may be facing so we can provide additional support.

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## Tools and Resources

Our company, **AQ Adaptive Intelligence**, is committed to providing our clients with the best possible coaching experience. We understand that effective coaching requires more than just sessions with a coach. That's why we have a variety of tools and resources available to support our clients in between sessions.

Our **website** is a great resource for clients to refer to for information on our services and to access any forms and documents related to their coaching sessions. You can visit us here:

[www.tinyurl.com/AQadaptive](http://www.tinyurl.com/AQadaptive)

We also have a **YouTube** channel where clients can find videos on various topics related to personal and professional development.

[www.tinyurl.com/AQplaylist](http://www.tinyurl.com/AQplaylist)

Our **Patreon** page is another great resource for clients to unlock additional secret materials and resources.

<https://www.patreon.com/AQbiohacking>

In addition, we also have a **Discord** community where clients regularly interact and connect with other clients to share their experiences and support one another.

<https://tinyurl.com/AQCHATROOMlobby>

Lastly, our **Social Media** platforms (Facebook, Twitter/X, Instagram, LinkedIn, TikTok, Instagram & more) are great ways for clients to stay informed about upcoming events, info, and to learn more about our ever-growing community.

<https://tinyurl.com/AQappsocals>

We encourage our clients to take full advantage of these resources and to reach out to us with any questions or concerns. Our goal is to provide our clients with the support and guidance they need to achieve their goals and to help you Unleash Your Potential!



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## Frequently Asked Questions

**Q: How often will our coaching sessions take place?**

A: The frequency of coaching sessions will be discussed and agreed upon during our initial consultation. Typically, sessions are held on a weekly, bi-weekly or tri-weekly basis.

**Q: How long will each session last?**

A: Each coaching session will typically last for 30-60 minutes.

**Q: How will we communicate between sessions?**

A: Between sessions, you can reach out to us via text or private messaging for any questions, concerns, or to share any updates.

**Q: Will our coaching sessions be confidential?**

A: Yes, all coaching sessions and any communication between us will be kept confidential.

**Q: What happens if I need to cancel or reschedule a session?**

A: Please provide at least 24 hours' notice if you need to cancel or reschedule a session. If you are unable to provide 24 hours' notice, the session will be considered a "missed session" and will not be rescheduled.

**Q: What if I am not satisfied with the coaching services?**

A: If at any point you are not satisfied with the coaching services, please let us know immediately verbally and in writing so we can address any concerns and work towards a resolution.

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## **Next Steps:**

1. Schedule an initial consultation with us to discuss your personal and professional goals and to determine if coaching is the right fit for you.
2. Review and sign the coaching agreement outlining the terms and conditions of our coaching partnership.
3. Begin your coaching journey by setting goals, creating action plans, and working towards achieving your desired outcomes.
4. Stay committed to the coaching process and actively participate in each session by being prepared, providing feedback, and actively working towards your goals.
5. Take advantage of extra sessions and communication opportunities as needed to ensure you are getting the support you need to reach your goals.
6. Celebrate your successes and keep us informed of your progress throughout the coaching process.
7. Continuously evaluate your coaching experience and provide feedback to ensure that the coaching process is meeting your needs and achieving your desired outcomes, we can always pivot if it would benefit you.
8. Upon completion of the coaching process, evaluate your progress and discuss any future coaching needs.

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**Bundles and Plans Selected:**

- Description of Services: Adaptive Coaching services for personal and professional goal achievement, including but not limited to goal setting, powerful and probing questions, different perspectives, accountability, biohacking, neurohacking, implementing the BrainFood diet and more!
- Duration of Service: \_\_\_\_\_ months
- Fees: \$\_\_\_\_\_ per \_\_\_\_\_ Bundle
- Discounts applied:  
\_\_\_\_\_
- Payment Terms: Renewals shall be made on a recurring \_\_\_\_\_ month basis but can be upgraded at any time.
- Contact Information: +1 408-824-3992

**Please note that this document is legally binding and the client is required to read, understand, and accept the terms and conditions of the coaching process.**

Please sign below to indicate acceptance of this Coaching Services Agreement.

Client: \_\_\_\_\_ Date: \_\_\_\_\_

Coach: \_\_\_\_\_ Date: \_\_\_\_\_