

Energy Pod GUIDELINES to keep us all safe and happy. Please communicate these to the rest of your family, so they are aware too. Thank you!

1) CLASS ATTENDANCE

You can only attend the class which you have signed up and purchased a ticket for. If one class quickly proceeds another, then please don't come into class until the previous class has finished. It can be unsettling and unfair to the Podders who are in session if they see people they don't know joining their class. This is currently on a trust basis and I would like to keep it that way.

2) PARENTAL SUPERVISION

Ideally, I would like parents to stay and be present for the class because your presence massively increases the value of the session. Getting insights watching the children interact with me and pick up tips on how to support them is something you will not get anywhere else. Often we have our blinkers on in relationships and are too close to see the wood for the trees.

Coming to class will also strengthen your relationship with your family and gives you quality time to address your thoughts, feelings and behaviour as a team. This is much more collaborative and nurturing than the child believing it is solely down to them. However, if your child does not want you to join in or you are not able to come to class (I understand this is not always possible), I'd like to remind you that the legal age for Facebook is 13. So BE AWARE that if you leave your child unattended, there is a chance that they may see adverts or content which is not age appropriate.

3) Treat Everybody with KINDNESS & RESPECT

This means not only to treat them respectfully in the Pod, but outside of the Pod as well. If you feel you are being treated disrespectfully, email me with your issue lisa@smileyforlife.com
Members who are habitually rude and disrespectful to other Podders will have to leave the Pod.

4) The PRIVACY of the group and its members

This is a closed Facebook group which means whatever class you sign up for, your comments will be visible to other Energy Podders. After each class, I download the video to YouTube and send the link to you so you can keep the class and watch it again whenever you want to. I then delete the video from the group. This means any comments attached to the video will also be deleted. Technically, your comments are not left up in the group for long, but the video is recorded and may be used for resale at a later date.

OTHER POSTS connected to this group WILL show up on your newsfeed, but not on the newsfeeds of your friends (unless they are Energy Podders too).

Only members of the group can see what goes on in the group and it is up to each member to safeguard their own privacy and anonymity. You can lock down the privacy settings on your profile.

You will not get total anonymity in this type of group set up. However see point 5) to make sure you feel comfortable, safe and in control.

5) Be MINDFUL of what you share and how you are VISIBLE

All of the classes are recorded and sold as REPLAYS on my website. The reason for this is:

- * I can reach more children and help more families
- * Not everybody can attend the live calls

You will notice that I name check the children by first name only because I believe they are not identifiable in this way if somebody outside of the group is watching a replay. If you don't want your child to be name checked, then please let me know and I will read their comments out without saying

their name. Please also explain to your child why I am doing this so they don't think I'm leaving them out.

So you feel more in control and safe, remember you have your own PERSONAL BOUNDARIES and you get to decide what you do and don't share. You can choose if you wish to just talk amongst yourselves at home and not directly answer the questions if it doesn't feel right for you.

6) WEEKLY GROUP PODMIN (ADMIN)

Every weekend, I will post a friendly reminder about the next class and prompt you to think about your attendance. If you want to stay, you will need to book your place (you can book single sessions or a bundle to make a saving) over on the website >>www.smileyforlife.com/energypod
It's easier if you tell me that you don't want to stay and then I can remove you. You're always welcome back at a later date. After you've purchased a ticket, you will receive the link to join the class again.

PLEASE DO NOT share the link or try to add your friends and family members to the group. I appreciate your desire to spread the good word and want to help others. However, let's stick with directing newcomers to The Energy Pod page on the website >>www.smileyforlife.com/energypod

>>LET'S HELP YOU FEEL AT HOME HERE

Once you are in the club, please feel free to introduce yourself and your family to the Group. Post anything you have which you think may help the others after a class or share your artwork / experience.

>>HOW TO GET THE MOST OUT OF THE ENERGY POD

This is a one-way broadcast which means I cannot see or hear you.

Come into class at the designated time and watch for my live video to pop up in the newsfeed (if you can't see it, then keep refreshing your screen until it appears)

Please make sure you have a strong internet connection that is able to stream a live video and ensure you're in a quiet space where you can hear me and you won't be interrupted.

If your child does not want to participate or is resistant, take the lead and engage in the class. Leave them to sit nearby and be in the energy, let them find their way with it.

The more you pressurise your child to do something they don't want to, the more they will resist you. Just allow things to unfold and stay in your own lane!!!!

You can participate and engage as little or as much as you want. The best way to participate is through using the emoji buttons or by typing into the chat roll

If you're watching on an iphone or tablet, there is an icon which enables you to come on screen and join me.

Again, PLEASE REMEMBER: these classes are recorded, so if you don't want your child to be visible on the recordings, then please DON'T volunteer yourself.

If your child gets upset during class or lots of big emotions come up as a result of the class content, encourage your child to step away from the screen and take some time out.

>>THINGS OUR LEGAL PEEPS MAKE US SAY

You must not post anything: - that is an affiliate offer for someone else's services - if the copyright is the property of somebody else - that might cause a breach of any law or other obligation - that might be defamatory, offensive, pornographic, in breach of confidence or a similar obligation, threatening, abusive, liable to incite hatred or a breach of privacy - that might be considered as spam - that infringes any rights belonging to another person. While we hope that this group will last a lifetime, we may alter

or cease the operation of the group at any time at our sole discretion. If Facebook changes terms, we will try to find an alternate space, but cannot be held responsible for Facebook's change of terms.

>>PRIVACY POLICY If you post personal information, it will be managed in accordance with Facebook's privacy policy (over which we have no control). Every post in the group is made by the individual poster, and we don't accept any responsibility for the content. Let us know and if appropriate, we'll take reasonable steps to have it removed. If you acquire goods or services from other members, the relationship is your responsibility. You release us from responsibility in relation to such arrangements.

>>DISCLAIMER I base my coaching on my Life Coaching Diploma, Child Coaching Diploma and my direct and vast experience of working with adolescents and children. I draw from my observations and insights as to which techniques and actions have created the most success. I am NOT a medical professional or licensed psychologist. For issues with medical or psychological gravitas, my input is to be considered just that: input. I am not liable for the actions, behaviours, mental or emotional states of my clients (even though I do care about clients and want the best for them, I prefer to refer clients to a qualified alternative professional who is more suited to their needs). Every effort has been made to accurately represent the power of coaching and its potential. However, each individual's success depends on his or her honesty, dedication, desire and motivation. Testimonials published by Smiley for Life are independent and genuine. However, they do not represent a guarantee or warranty of similar results.

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