



Private Coaching with Sessions

Private coaching with Cheryl Muir is bespoke and one-to-one. The Program helps you reach your desired outcome in relationships – whether this is getting over an ex, healing heartbreak, finding love, navigating divorce, or deepening intimacy with your partner. The work is unique to each person, but generally-speaking, working with Cheryl teaches you the practical and emotional tools to build and maintain a healthy relationship with yourself and others, increasing your overall happiness and emotional wellbeing. A common outcome of working with Cheryl is breaking the cycle of dysfunctional patterns in love, which of course can take many forms.

Private Coaching with Sessions (“The program”) includes:

- Four hours of private coaching per month with Cheryl via Zoom
- Voice note support via Telegram or WhatsApp

Investment:

- The program is £4k per month, with a minimum commitment of three months

Payment options:

- Pay monthly – £4k per month. This is automatically billed through PayPal each month and is set up as 3-month automated billing. Please make a note of your direct debit date.
- 3 months upfront – £10k total
- 6 months upfront – £20k total

The payment links are hyperlinked above. The payment portal is PayPal. As Cheryl is based in the United Kingdom (UK), all rates are quoted and charged in GBP – British Pounds Sterling (£) per the conversion rate on the day of transaction. The conversion rate obviously fluctuates beyond our control.



Once you have made your first payment, go ahead and book in our first session:

- [30-minute session](#)
- [60-minute session](#)
- [90-minute session](#)

The Small Print

By enrolling in Private Coaching with Cheryl, you agree to the terms of this agreement.

What's Included:

- Four hours of private coaching per month with Cheryl via Zoom. You will have access to Cheryl's calendar and book in your sessions when you need them. You have the ability to use the four hours as you choose – booking in 30-, 60- or 90-minute sessions. Most clients start with a 90-minute session so we can talk about your outcomes and patterns in depth and make a lot of progress at the beginning. Some clients then book 60- and 30-minute follow-ups when they need it. Others enjoy having regular, scheduled 60-minute sessions at the same time each week. Pick what works for you, to a total of four hours per month.
- The four hours monthly is use-it-or-lose-it – we don't roll over time into the following month.
- You have the option to have sessions recorded and receive an audio file of the session afterwards. This isn't mandatory, and would only be done with your consent. Before any closed-eye process, Cheryl will ask if you would like that particular section recorded. You then keep the audio of your bespoke guided meditation which becomes part of your toolkit to return to when needed.
- Voice note support – once you've enrolled, you receive access to Cheryl's personal mobile number via Telegram or WhatsApp. Cheryl will set this up for you on your first day of the program. The first day of the program is the day of your first session.
- You will reach out to Cheryl when you need support. If we don't hear from you, Cheryl reaches out twice a week to check in – unless you specifically state you don't want this. You can contact Cheryl at any time, and Cheryl will respond



between 8am and 6pm Monday to Fridays (UK time zone), responding up to twice per day. Responses will be personal and bespoke, offering powerful questions, reflections and reframes, journaling prompts, action steps and specific practices and processes. Cheryl responds via text or via voice note. Sometimes Cheryl creates a guided meditation process specifically for you.

- Any downtime, including vacations, will be communicated clearly and in advance – you will be given the option to pause your work if Cheryl is away.

Sessions:

- When booking sessions, you agree to the Booking Policy: "By booking this session, I agree to attend the session at the agreed date and time. If I need to reschedule, I'll give more than 24 hours' notice. If I cancel/reschedule the session within 24 hours, or if I do not attend the session, I understand the session will be forfeited."
- This isn't an arbitrary rule: Cheryl carves out time before, during and after the session. This time is saved solely for you. Cancelling within 24 hours impacts Cheryl's time, and also means we can't book another client during that slot. This is why no-shows or cancellations within 24 hours result in a forfeited session.
- Exceptions include genuine emergencies. This is at our sole discretion.
- No-shows and cancellations are extremely rare. We place this footnote here to maintain this.

Results:

- Cheryl's clients experience incredible results because they are devoted to the inner work. They are proactive about asking for support, and they take massive responsibility for their life and their results.
- The people who don't flourish are the ones who want to be saved, fixed or rescued, who don't ask for help, or who struggle to feel their emotions and who are more committed to talking about the past than taking the practical actions to move forward.

PRIVATE Coaching WITH CHERYL MUIR

- Cheryl is an exceptional coach and relationship expert. However, she is not a genie. Hiring Cheryl is not a magic pill. Your work, devotion and dedication is required. Cheryl guides you, but cannot do the emotional heavy lifting for you.
- The video testimonials on Cheryl's website and YouTube channel are from real, genuine clients. (watch them [here](#) and [here](#)) These clients experienced life-changing results from coaching with Cheryl.
- However, we cannot give you a cast-iron guarantee of your results or say with absolutely certainty what will change for you because there are too many variables beyond our control.
- We will deliver the program as agreed. Respectfully, your results are your responsibility.

Mental Health Declaration:

By enrolling in the program, you agree that you are mentally fit and well with no pre-existing active mental health conditions that would prevent you from participating in the program. By enrolling you agree that you have no active traumas. You've received therapy & counselling from a qualified professional and any past traumas have been handled. You understand coaching is not therapy or counselling, though there are overlaps in the disciplines.

Termination:

- The program has a minimum commitment of three months. This gives you the time and space to meet your goals in relationships, love and dating.
- Once you have enrolled – by paying your first payment – you are committed to the full three months. This applies whether you have paid in full or you are paying monthly.
- Two weeks before the end of the first three months, Cheryl will ask if you want to continue. You may choose to continue, or choose to complete after three months.
-

PRIVATE
Coaching
WITH CHERYL MUIR

- Please note we don't issue refunds. However, in exceptional circumstances we may give the option for your program to be paused – for example if you experience a genuine emergency, loss or bereavement and cannot continue. This has never happened in the entirety of Cheryl's coaching practice, however we place this footnote here to cover any eventuality.
- Additionally, if you experience a significant life change during the program, Cheryl is agile and equipped and ready to support you through this.

Cheryl Muir, Relationship Expert

Email: cheryl@cherylmuir.com

Website: www.cherylmuir.com

[Instagram](#) | [YouTube](#) | [Twitter](#)
