

# Remarkable Relationships Course

Become your own healer with this comprehensive  
3-month journey into self-love.

[www.gettingnaked.com.au](http://www.gettingnaked.com.au)



## PARTICIPANT AGREEMENT

**CLIENT:** By committing to this agreement you are agreeing to the terms and conditions of the *Remarkable Relationships* 3-month online course. This agreement sets out the context in which you will get the outcome you want. It also covers some of the issues of law governing our relationship.

### 1. Self-Love Therapist Tamra Mercieca:

Your trainer and therapist Tamra Mercieca is the founder of the *Getting Naked* online school. Tamra is qualified in a range of modalities, holding a certificate IV in Life and Business Coaching and a Certificate IV in Training and Assessment, as well as being trained and certified in Neuro-Linguistic Programming, Time-Line Therapy and Therapeutic Hypnosis (having been accredited with the relevant boards of America).

Tamra is an accredited UI (Universal Intelligence) Mentor, holds a Vaginal Steaming certification, has completed the teacher training in The Billings Ovulation Method, has undergone Lifeline's Asist (Applied Suicide Intervention Skills Training) as well as completing a Wellness Leader Certificate. On top of this, Tamra has studied Taoism, Tantra, Buddhism, Shamanism, Positive Psychology, Energy Healing, Quantum Physics, Body De-armouring, Alexander Technique, Chakra Healing and Laughter Yoga independently and under the guidance of teachers world-wide.

Tamra holds yoga-specific qualifications including Yin Yoga (200hours), Pre-natal Kundalini Yoga (108hours) and Restorative Yoga (50hours). She has also completed trainings in HeartMath, Insight Yoga, Savasana Intensive, Back Care Anatomy, Pelvic Floor and Core Foundations, First-aid for Prolapse, Womb Care, Alchemy of Perimenopause, Qigong for Women, Breast Rejuvenation, Breast awakening, Pain to Power Childbirth, Hypnobirthing and Self-Fertility Massage.

It was through this accumulation of knowledge, practical application, deep inquiry and ongoing personal insights, that Tamra developed what she now coins *Self-Love Therapy*; the modality upon which she will work with you to help you heal the issue/s you have enrolled in this program to heal.

Tamra and her team of therapists, who will support you on this journey, are legal Complementary Healthcare Providers, and not a licensed Medical Doctors,

Psychologists, Psychiatrists, Master's in Family and Child Counselling (MFCC), or Master's in Social Work (MSW). The services you receive are not licensed in this state, nor are they regulated by a governmental body. If you are on medication you **MUST** inform your therapist. Furthermore, nothing that happens during this course should be construed as, nor should you believe that it is a substitute for the advice of a licensed person.

## **2. What To Expect:**

This 3-month online course begins with setting a goal about what it is you wish to achieve. From there Tamra will educate you, through pre-recorded lessons, on the processes required to attain the desired results, giving you a five-step formula on how to remove the hurdles and limiting beliefs that have been holding you back.

It is vital you listen to each and every session in order to successfully complete this course. Tamra will be taking you through regular visualisations that require your full attention. Therefore, you need to be in a room where you will not be disturbed or distracted; that means mobile phones or other distracters must be switched off. Please do **NOT** listen to the lesson audios while driving.

If you have participated in any form of self-development before, expect this course to be very different. Tamra will not spend a lot of time talking about the problem, just gathering information about it in order to help you identify and remove the individual limiting beliefs keeping you stuck. You will learn specific techniques to rise above your negative emotions and feelings so you can clear out any gunk that has been stored from the past, enabling you to make decisions from a clear and loving space.

## **3: The Process:**

Each week you will be sent an email letting you know the new weekly lesson is available. You will see there is a playsheet to print off, and then you're ready to dive into the lesson audio. Each weekly audio session will be approximately one hour in length. The recording **MUST** be listened to within 48 hours of the session being released. This is to ensure you have time to complete the required homeplay before the next lesson is released.

There will also be a weekly visualisation/meditation track that you will need to download from the website. This **MUST** be listened to daily for one week (from the night of the session) to achieve maximum results. Visualisations are an important tool to reach the deeper recesses of the mind and transform the beliefs that are holding you back. These should **NOT** be listened to while driving, as they require you to be in a relaxed state with your eyes closed. The suggestions made during these visualisations loosen your negative programming, making your homeplay much easier to complete.

## **4. After Each Session:**

You will come up with a list of specific tasks to do. Once assigned, these tasks are, absolutely, a fundamental part of the course. The tasks are directly related to the circumstances that created the problem you're experiencing. If you do not complete the homeplay, then neither you nor we can predict the outcome of the therapy. Certainly, any guarantees will not be valid if you do not do the tasking.

Tamra will give you the skills and the formula to create change, YOU are the one who needs to take full responsibility for your life and put them into action. Your level of commitment will dictate the results you get from this course. Therefore you are encouraged to make a commitment to yourself to complete all required tasks to the best of your ability, and to seek help from your assigned therapist (if you signed up for the Immersion Package), should you get stuck.

The second important point is that you must consistently focus on what you **want**. The people who are the happiest over-all in life are those who recognise they have a choice to focus on what they *don't* want or what they *do* want. You can focus on negative emotions and things that make you feel bad, or you can focus on positive emotions and things that make you feel good. It is your choice. After the session, you must focus on what you *want*.

Finally, if your old pattern rears its head, then you must make the conscious choice not to run that pattern again. You will be given strategies on how to ensure you're able to pull yourself out of these negative thinking patterns. If you find yourself struggling with this, please email your therapist immediately for support (if you signed up for the Immersion Package), so they may offer you specific guidance and tools.

### **5. Support During The Course:**

If you enrolled in the *Essentials Package*, please note that there is no email support or one-on-one sessions with a therapist. The *Essentials Package* is designed for you to work through the course on your own, alongside the other course participants. Each module and the bonus material is offered to give you the resources and guidance you need to be able complete the tasks within the course content alone.

If you enrolled in the *Immersion Package*, however, you will get unlimited email access to an assigned therapist for the duration of the three month course. It is YOUR responsibly to ask for help when you need it and share your wins and challenges so your therapist can help you as required. While you're welcome to send as many emails as you like, emails will be checked two times per week (except the first week, where your therapist will be more available to help you construct the perfect goal).

*Immersion Package* participants will also receive three one-hour Zoom/Skype sessions with their therapist. We will aim to do one session per month of the course, but should you need to help earlier than your next scheduled session, please email your therapist, so they can get you in sooner. Should you need more than your three sessions, one-on-one sessions are available at an additional cost to the course fee, and can be booked in at any time. Please note, that all session **MUST** be taken before the course ends (within the three month time-frame).

In addition to this, both *Essential* and *Immersion* enrollees receive three Love Infusions (energy healing sessions). It is your responsibility to create the time and space to take part in these sessions. These are a crucial part of the course, and will greatly increase your ability to achieve the goal you set in lesson 1.

### **6. Self-Love Therapy explained:**

**Self-Love Therapy** is a path home to oneself. It's a holistic modality that involves stripping off the layers of conditioning keeping a person from connecting to the love within; to their True Self. *Self-Love Therapy* understands that we're all perfect and whole, and the only problem we ever face, is a disconnection from self. In *Self-Love Therapy* a person learns how to nurture their relationship with self, and thus cultivate self-love, so they can live happily right now.

What makes *Self-Love Therapy* unique, is that it treats the whole person by marrying together Coaching, Therapy and Energy Healing. When you take an integrative approach like this, it's possible to not only heal the root cause of the issue, but guide a person on how to make behavioural and lifestyle changes to support them in living a healthy and happy life, where they feel connected and guided from within.

## 7. Privacy and Confidentiality

We keep all information we receive from you, confidential, and do not disclose it to persons outside our company. All client information is kept strictly confidential and is for our internal use only. This excludes any testimonial that is agreed upon once the course is complete.

While you are free to discuss your personal results from our programs and training, you must keep the experience and statements, oral or written, of all other participants in the strictest of confidence. This course is an open forum where participants will be disclosing personal information and for that reason, it is MANDATORY you DO NOT discuss other people's experiences with anyone outside the course.

Please note also, that the one-on-one sessions you have with your therapist cannot be recorded, unless written permission is given prior to the session. Please note that recording sessions with your therapist without his/her written consent is by law, illegal.

The **Remarkable Relationships** course is subject to *Getting Naked Pty Ltd's* [Privacy Policy](#).

## 8. Intellectual Property

You agree that the **Remarkable Relationships** course contains proprietary information and material that is owned by *Getting Naked Pty Ltd* and is protected by copyright, trademark and other applicable intellectual property laws. Duplicating, sharing or uploading course files to sharing sites is considered stealing and the company will prosecute such misconduct to the fullest extent permitted by law.

*Getting Naked Pty Ltd* provides you with the **Remarkable Relationships** course solely for your personal, noncommercial use, and you agree that you will not use such proprietary information or materials in any way whatsoever except for use in compliance with this Agreement. This means only YOU can use the materials provided. Sharing the resources or password logins with people who are not receiving the support from Tamra and her team can be dangerous and is not permitted under this agreement.

You may not modify, copy, reproduce, republish, upload, post, transmit, rent, lease, loan, translate, sell, create derivative works, exploit, or distribute in any manner or medium

(including by email or other electronic means) any material from the **Remarkable Relationships** course.

## 9. Community Rules

The **Remarkable Relationships** community (including the private Facebook group) is there for people to support and inspire each other. It is NOT for use of self-promotion of products or services. This is a place for learning and is a pitch-free, solicitation-free and sales-free environment. Your failure to comply with these terms will result in immediate termination from the community.

## 10. Payment Policy

You are responsible for paying for the **Remarkable Relationships** course in full and for providing us with a valid credit card or other payment method. If you have selected a payment plan and you miss a payment, you may be charged an additional administration fee of \$50 per missed payment.

If the course is not paid in full by the last live session (or a prior agreed upon date if on a payment plan) *Getting Naked Pty Ltd* reserve the right to report any balance owed to a credit reporting bureau and/or collections agency subject to the company's sole discretion until the account is caught up and in good standing.

To be clear, the **Remarkable Relationships** course is not a "pay in part" program where you can pay only for access to certain sessions and not others. This is a full immersion program and your payment plan is a convenience that we offer so that you can make the price sustainable.

By purchasing the **Remarkable Relationships** course you accept, agree and understand that you are fully responsible for your progress and results from your participation and that we offer no representations, warranties or guarantees verbally or in writing regarding your outcomes. **The course fee is non refundable under any circumstances.**

## 11. Limitation Of Liability

Under no circumstances shall *Getting Naked Pty Ltd*, its owner, employees, affiliates, contractors or licensees, be liable to you for any direct, indirect, consequential incidental, special, exemplary or punitive damages arises from or out of your use of purchase of the **Remarkable Relationships** course.

Your sole and exclusive remedy is to discontinue using the course content. Because some states or jurisdictions do not allow the exclusion or limitation of liability for consequential for incidental damages, in such states or jurisdictions *Getting Naked Pty Ltd's* liability shall be limited to the fullest extent permitted by law.

## 12. Non-Disparagement

You agree that you will not engage in any conduct or communications with a third party, public or private, designed to disparage *Getting Naked Pty Ltd* or Tamra Mercieca including but not limited to any remark, comment, message, information, declaration,

campaign, communication or other statement of any kind, whether verbal, in writing, electronically transferred or otherwise, that might reasonably be construed to be derogatory, defamatory, libellous or slander.

### **13. Termination**

*Getting Naked Pty Ltd* is committed to providing all participants in the course with a positive experience. If you fail, or *Getting Naked Pty Ltd* suspects that you have failed, to comply with any of the provisions of this Agreement, the Company, in its sole discretion and without notice to you, may: (a) limit, suspend, or terminate your participation in the **Remarkable Relationships** course without refund or forgiveness of monthly payments; and/or (b) terminate this Agreement. Your obligations to the Company under this Agreement will survive expiration or termination of this Agreement for any reason.