

The Alive and Free Promise

Here's what we feel we owe to each other. It's what we want our relationship with you to be based on. There are many things you can expect from us. And just 5 things we expect from you.

We Commit ...

- **We** commit to work with you in our multi-topic course to get you free from the specific pains/problems you identify from the onset of your program.
- **We** commit to lead you into new tactics and processes to heal, all being led by the Holy Spirit.
- **We** commit to connect you with your new community: a vulnerable, encouraging, and powerful support-community that meets online 24/7.
- **We** commit to empower you wherever we can, and not allow you to fall back into victimization or codependency.
- **We** commit to coach and lead you via our support team, training tools, and zoom group coaching calls every week while in the program, so long as you show up.
- **We** commit to give you access to the Come Alive training portal so you can access the trainings and tools.
- **We** commit to listen to you. We will be accessible and respond to your requests within 1 business day or less.
- **We** commit to treat you with class and care in every interaction and work to bring out your best.
- **We** commit to apologize if we stumble, and do our best to make it right with you. We are human too and in process as well.
- **We** commit to receiving you with open arms, to discuss and support you when your brain wants to quit, while holding your heart accountable to your commitment.

You Commit ...

- **You** commit to implement the training and tools, ask for help when you need it, and share your wins and lessons.
- **You** commit to keep your monthly commitment after signing up, participating fully and paying your program fees on time, and in full.
- **You** commit to respect our IP. That means you may teach our material to individuals (with proper attribution), but not to groups or in public.
- **You** commit to sharing your freedom and wins with not just us, but with family, friends, and peers. Sharing your testimony is powerful, and we may choose to give you a gift for you to share with someone, encouraging them with your testimony.
- **You** commit to process through triggers that pop up from community posts, coaching material, or other content. We want to support you in this.