

Media Authorization Use Release Agreement

I, _____, grant permission to Ready To Exhale, LLC to use my image (photographs and/or video) for use in Ready To Exhale, LLC publications including: videos, email blasts, recruiting brochures, newsletters, magazines, any printed marketing materials, or social media. As well as my permission to use my written word obtained from including: testimonials, feedback forms, emails, social media, survey, etc. in electronic versions of the same publications or on the Ready To Exhale, LLC website or any other electronic forms of media.

Confidentiality and Privacy Agreement

What is confidentiality?

Many of us have been told personal stories “in secret” by friends or family members. Sometimes during a retreat, we hear personal information and stories from people who are “strangers” or people we don’t know well. We ask participants to keep information and stories in confidence, or “in secret.” If you find yourself talking about something that you’ve heard or learned during a retreat, please be sure that no identifying information is shared. This means nothing about name, workplace, family members, address, etc. is shared.

It is very important that each group member respects general agreements about confidentiality and anonymity. Confidence is defined in the dictionary as “a state of trust.”

Why is confidentiality so important? Although our retreats are not meant for therapy, other than the benefits of self-care, often members feel so safe and find themselves open to sharing personal thoughts that are private.

Confidentiality is the anchor of mutual support. By creating and maintaining trust with each other, we can share, support and heal more deeply.

We at Ready To Exhale, LLC share mutually in this agreement.

Full Name: _____ Date: _____

Signature: _____



Ready to Exhale
