

Code of Conduct for www.nadine-hinds.com

At nadine-hinds.com / *Show up for yourself*, my mission is to empower women, all who identify as women, including transgender women and non-binary individuals who feel aligned with this work, to soften self-doubt, step out of chronic stress patterns, and reconnect with their body, their worth, and their uniqueness.

My work is grounded in embodiment-based coaching and nervous system awareness. I support women in understanding stress responses such as fight, flight, freeze, and fawn, and in developing greater self-trust, confidence, and capacity to meet life with more ease and resilience.

This is a space for growth, embodiment, and authenticity. A space where you are invited to show up as you are, not as who you think you should be. Every woman here deserves to feel seen, heard, respected, and supported in her own pace and process.

My offerings are **educational and supportive in nature** and do **not** replace mental health care, medical treatment, or therapeutic support. I am not a medical professional or a therapist. If you are experiencing physical or mental health concerns, I strongly encourage you to seek support from a qualified professional.

To ensure a safe, inclusive, and respectful community, all participants—clients, members, and guests—are expected to abide by this Code of Conduct.

1. Respect and Inclusivity

- ♥ Treat every member of this community with kindness, respect, and empathy.
- ♥ Women from all backgrounds, experiences, and walks of life are welcome. Discrimination, hate speech, or exclusionary behaviour will not be tolerated.
- ♥ Everyone's nervous system, life experience, and healing pace are different. Celebrate differences and avoid comparison, judgement, or pressure.
- ♥ Please honour each person's identity, including names and pronouns, and contribute to an environment where everyone feels safe to be themselves.

2. Confidentiality and Trust

- 🔒 Coaching is a deeply personal experience, and confidentiality is essential for nervous-system safety. Everything shared in coaching sessions or group spaces is treated with care and respect.
- 🔒 In group settings (such as courses, workshops, or online spaces), personal stories shared by others must not be discussed or shared outside the space.

3. Growth-Minded and Regulating Conversations

🌱 Constructive conversations are encouraged; blame, shaming, or dismissive language is not.

🌱 Different perspectives are welcome, as long as they are shared with respect, consent, and care.

🌱 Feedback should be offered gently and only when appropriate. Please ask for consent before offering feedback or suggestions. This is not a space for unsolicited advice, fixing, or diagnosing.

4. Zero Tolerance for Harassment or Harmful Behaviour

🚫 Bullying, trolling, intimidation, or personal attacks will result in immediate removal from the community or programme.

🚫 Harassment of any kind—including based on gender, race, religion, sexual orientation, ability, or identity—will not be tolerated.

🚫 This space prioritises emotional safety. Support is offered through presence and listening, not pressure or control.

5. Boundaries and Professional Scope

⚖️ I am a feminine embodiment and empowerment coach. My role is to guide, support, and empower through coaching, education, and body-based awareness. I do not provide therapy, medical advice, or mental health treatment.

⚖️ Respect the coaching relationship and its boundaries. If deeper psychological or physical support is needed, professional care is essential.

⚖️ Respect communication boundaries and time. Emails are typically responded to within five business days, and mindful use of messaging is encouraged.

⚖️ During live sessions, please arrive with presence and respect for shared time and energy.

6. Commitment to Personal Responsibility

✨ You remain responsible for your own wellbeing, choices, and actions.

✨ Coaching is a collaborative process. Engagement, reflection, and self-honesty are essential for meaningful change.

✨ This space is designed to support regulation, growth, and empowerment, not emotional dependency or self-abandonment.

Consequences for Violations

If any part of this Code of Conduct is violated:

- ⚠️ Where appropriate, a private conversation may be initiated to address the issue.
 - ⚠️ Serious violations (including harassment, discrimination, or repeated boundary breaches) will result in immediate removal from the programme or community, without refund.
 - ⚠️ If you experience or witness a concern, please contact **support@nadine-hinds.com** so it can be handled with care and discretion.
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Together, We Rise

This community thrives when grounded in mutual respect, emotional safety, and compassionate accountability. By participating in my coaching programmes, courses, or online spaces, you agree to uphold this Code of Conduct.

Thank you for being part of this space 🤝

Let's grow, regulate, and rise together.

Nadine Hinds

Show up for yourself

<https://www.nadine-hinds.com/>

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