

MAPbyLiudmila Share Your Journey

Consent Form

Consent for Educational, Promotional & Marketing Use of Client Content

Issued by Cocoon Factor Ltd, trading as MAPbyLiudmila

Version date: 22 September 2026

Thank you for considering sharing part of your journey. MAPbyLiudmila grows largely through real experiences and real voices. When someone chooses to share what changed for them, it can help another person recognise that something different may also be possible for them.

I would genuinely appreciate your support in allowing me to share your experience publicly where you feel comfortable doing so. My usual way of sharing client experiences is through the MAPbyLiudmila website and through Liudmila Matei's social media channels, normally using a first name and country unless you choose a different level of identification below.

Your consent remains entirely voluntary. You are free to choose what you are comfortable authorising, and your decision will not affect your coaching relationship, your access to MAPbyLiudmila services, or the way those services are provided.

PLEASE READ EVERY OPTION CAREFULLY BEFORE SIGNING THIS FORM. You must actively tick the boxes that reflect the permissions you are giving. Your signature alone does not select these permissions for you. Any box left unticked is not authorised.

Relationship to Other MAPbyLiudmila Documents

This Consent Form is separate from the MAPbyLiudmila Master Terms & Conditions, the MAPbyLiudmila Master Coaching Agreement and any applicable Service Appendix.

It does not replace the recording provisions that may apply to a recorded group experience under those documents. In particular, where a Participant joins a recorded group experience and chooses to speak, the capture and permitted use of that group-session audio are governed by the Master Terms & Conditions and the relevant Service Appendix or recording acknowledgement.

This Consent Form is used for additional voluntary permissions relating to educational, promotional and marketing use of material from your journey beyond those group-recording arrangements.

1. How I May Be Identified

Please tick one option below to show how you are happy to be identified. The usual way I share authorised client experiences is by first name and country.

- ☐ First name and country
- ☐ Full name and country
- ☐ Anonymous

2. Anonymous Educational Content

Please tick each type of anonymous material you authorise me to use:

- ☐ Insights and learning points arising from my coaching journey
- ☐ Psychological principles illustrated through my experience
- ☐ Anonymous extracts from coaching conversations
- ☐ Anonymous extracts from WhatsApp messages, emails, journals, written reflections or other communications
- ☐ Anonymous descriptions of my coaching journey, experience or transformation
- ☐ My experiences, quotations, reflections or insights may be combined with those of other clients to illustrate broader educational or psychological principles, provided I cannot reasonably be identified
- ☐ Reasonable editing may be made for clarity, grammar, structure, length or anonymity, provided the meaning of my contribution is not materially altered

3. Identifiable Content

Please tick each type of identifiable material you authorise me to use:

- ☐ My case study
- ☐ My written testimonial
- ☐ My video testimonial
- ☐ Direct quotations from my coaching conversations
- ☐ Direct quotations from WhatsApp messages, emails, journals, written reflections or other communications
- ☐ Photographs

- ☐ Audio recordings
- ☐ Video recordings
- ☐ Reasonable editing may be made for clarity, grammar, structure, length or presentation, provided the meaning of my contribution is not materially altered

4. Where My Content May Be Used

Please tick the channels where you authorise approved material to be shared. The usual public channels are the MAPbyLiudmila website and Liudmila Matei's social media channels:

- ☐ I consent to approved material being shared on the MAPbyLiudmila website
- ☐ I consent to approved material being shared on Liudmila Matei's social media channels

You may also tick any of the following additional channels you authorise:

- ☐ Blog articles
- ☐ Educational resources
- ☐ Workshops, group experiences and presentations
- ☐ Podcasts
- ☐ Books and e-books
- ☐ Online courses and pre-recorded experiences
- ☐ Printed publications
- ☐ Marketing materials
- ☐ Advertising and promotional campaigns
- ☐ Email newsletters
- ☐ Other educational, promotional or marketing materials created by MAPbyLiudmila

5. Future Use and Withdrawal of Consent

I understand that:

- the permissions I choose in this Consent Form may be used for educational, promotional and commercial purposes connected with the coaching, educational, publishing, speaking, training and marketing activities of Cocoon Factor Ltd trading as MAPbyLiudmila;
- I may withdraw my consent for future use at any time by notifying MAPbyLiudmila in writing;

- withdrawal of consent will not affect material that was lawfully published, distributed or otherwise used before my withdrawal request was received; and
- refusing or withdrawing this voluntary consent will not affect my coaching relationship or the MAPbyLiudmila services I receive.

6. Declaration and Electronic Signature

By signing below, I confirm that:

- I have read this MAPbyLiudmila Share Your Journey Consent Form carefully and understand the choices I am making.
- I understand that the permissions I grant are only those I have actively selected by ticking the relevant boxes.
- I understand that my signature alone does not select any permission and that every box left unticked is not authorised under this Consent Form.
- I understand that this Consent Form should be read alongside the MAPbyLiudmila Master Terms & Conditions and, where applicable, the MAPbyLiudmila Master Coaching Agreement and relevant Service Appendix.
- I understand that my electronic signature confirms this document together with the specific permissions I have actively selected above.

This Consent Form becomes effective on the date of the last signature below.

CLIENT

Client First Name: _____

Client Surname: _____

Electronic Signature: _____

Date: _____

FOR COCOON FACTOR LTD TRADING AS MAPbyLiudmila

Liudmila Matei

Electronic Signature: _____

Date: _____