

## **Legal Disclaimer**

The information and coaching services provided on this website are intended for educational, informational, and personal development purposes only.

### **Coaching, Not Therapy**

I am not a licensed therapist, psychologist, counselor, medical professional, or legal professional. Coaching is not therapy and is not a substitute for mental health care, medical advice, diagnosis, treatment, or legal services.

Coaching focuses on personal growth, mindset, clarity, and forward-focused goals. It does not involve diagnosing or treating mental health conditions.

### **Your Responsibility**

By participating in coaching sessions, you acknowledge that:

- You are fully responsible for your own well-being, decisions, and actions
- Any insights, suggestions, or guidance offered are for support and reflection only
- Results are not guaranteed, as outcomes depend on many personal factors

### **When to Seek Professional Support**

If you are experiencing significant emotional distress, mental health concerns, medical issues, or a crisis, please seek support from a qualified licensed professional or contact local emergency services as appropriate.

### **Use of This Website**

By using this website and engaging in coaching services, you agree to take full responsibility for your experience and understand the nature and scope of coaching as described above.

If you have any questions about whether coaching is right for you, you're always welcome to reach out before booking.

