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The services provided by **Tracey Life Coaching LLC** are for personal development, educational, and informational purposes only.

Life coaching is not therapy, counseling, mental health care, or medical treatment. I do not diagnose, treat, or cure any mental health or medical conditions. If you are experiencing emotional distress, mental health concerns, or require medical or psychological care, please seek support from a licensed professional.

Coaching is a collaborative process designed to support clarity, confidence, and personal growth. Your results depend on your own participation, commitment, and individual circumstances. No guarantees are made regarding specific outcomes.

By using this website and engaging in coaching services, you acknowledge and agree that you are responsible for your own decisions, actions, and results.

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