

Life, Health, Spiritual & Professional Development

Coaching, Training, and Education Disclaimer

Life Coaching, Health Coaching & Education, Spiritual Coaching & Education, and Professional Management & Development Training are **educational, collaborative, and goal-oriented services** designed to support personal growth, leadership development, workplace effectiveness, overall lifestyle wellness, and personal meaning-making.

These services may include:

- Life coaching, personal insight, and goal setting
- Health coaching and wellness education related to lifestyle habits, stress management, and self-care
- Spiritual coaching and education focused on values exploration, inner awareness, mindfulness, intuition, and personal meaning, as defined by the client
- Leadership, management, and professional skill development
- Career clarity, communication skills, and boundary-setting education
- Mindset development, self-awareness practices, and work-life balance strategies

I am not acting as a licensed therapist, counselor, psychologist, physician, registered dietitian, clergy member, or other healthcare or religious provider in these roles. Services provided are **not therapy, mental health treatment, medical care, nutrition therapy, spiritual direction, diagnosis, or crisis intervention**, and are not a substitute for professional mental health, medical, nutritional, or religious services.

Health coaching and education are provided for **informational and educational purposes only** and do not involve diagnosing conditions, prescribing treatments, recommending medications, or providing individualized medical or nutritional advice.

Spiritual coaching and education are offered as **non-clinical and non-religious services** and do not involve psychotherapy, trauma processing, treatment of mental health conditions, religious instruction, or spiritual authority. The client retains full autonomy over their beliefs, values, and spiritual interpretations.

Professional Management & Development Training and Education focus on **skills, leadership tools, and practical strategies** and do not create a therapeutic, clinical, supervisory, or employment relationship.

Supplement & Affiliate Disclosure

Some wellness resources shared through this website, email communications, coaching sessions, or educational materials may include access to professional-grade supplement platforms, such as **Wellevate**. I may receive a commission, wholesale benefit, or other compensation from purchases made through these platforms.

Any information shared regarding supplements is provided for **educational purposes only** and is not medical advice, diagnosis, or treatment. I do not determine supplement protocols, dosages, suitability for individual medical conditions, or monitor supplement use or outcomes. The decision to purchase or use supplements is entirely voluntary.

Clients are encouraged to consult with a **licensed healthcare provider**, such as a physician or registered dietitian, before starting, stopping, or changing any supplement regimen.

Clients acknowledge and agree that:

- Coaching, training, and education services are **not regulated healthcare services**
- They remain fully responsible for their decisions, actions, behaviors, and outcomes
- No guarantees are made regarding specific health, professional, financial, personal, or spiritual results

Clients are encouraged to consult with a **licensed mental health professional, physician, registered dietitian, religious leader, or other qualified provider** for medical, psychological, nutritional, or spiritual concerns that fall outside the scope of coaching, training, and education services. These services are not appropriate for individuals experiencing active mental health crises or conditions requiring clinical treatment.

When engaging in life coaching, health coaching, spiritual coaching, education, or professional development services, the relationship is **distinct from psychotherapy, counseling, supervision, medical care, or religious services**, and no therapeutic, medical, or spiritual authority relationship is established.

These services are intended to support **insight, empowerment, and skill-building** while honoring each client as the expert of their own life, values, beliefs, and choices