**DISCLAIMER**

In the spirit of good practise, when you are purchasing coaching services from me I ask you to confirm that you have read and agreed to each statement below and that you wish to proceed by signing the Coaching Contract.

All coaching services and communication, email or otherwise, delivered by myself, Alice Monkman, as well as information on this website (www.naturegarden.uk) are meant to help you identify the areas in your life and in your thinking that may be preventing you from experiencing greater well-being and moving forward. Coaching is not a substitute for professional mental health care or medical care. As I see it coaching is meant to be done when major emotional and psychological wounds are already healing or healed.

The term ‘coaching’ as here used covers life coaching which includes personal coaching, mindfulness practices, meditations, deep imaginings, creative activities all whilst using nature as a guide.

Alice is continually striving to ensure the standard of service she provides to clients remains excellent. At the end of the coaching process, or series of coaching sessions, the client will be asked to complete a feedback form and testimonial.

Alice Monkman Life Coach may change this disclaimer periodically by updating this page. Please check this page from time to time to ensure you understand any changes that may have been made.

**COACHING DISLCALIMER**

By committing to coaching with me, you acknowledge the following:

You understand that the coaching services you will be receiving from your Coach are not offered as a substitute for professional mental health care or medical care and are not intended to diagnose, treat or cure any mental health or medical conditions. You also understand that your Coach is not acting as a mental health counsellor or a medical professional.

For legal purposes, you understand that coaching is currently an unregulated industry and that your Coach is not “licensed” by any UK body even though the sessions may take place in the UK.

You understand and agree that you are fully responsible for your well-being during your coaching sessions, and subsequently, including your choices and decisions.

You understand that coaching is not a substitute for counselling, psychotherapy, psychoanalysis, mental health care or substance abuse treatment, and you will not use it in place of any form of therapy.

You understand that all comments and ideas offered by your Coach are solely for the purpose of aiding you in achieving the intentions you create with the Coach. You have the ability to give your informed consent, and hereby give such consent to your coach to assist you in achieving such goals and understand that results are not guaranteed.

**MEDICAL DISCLAIMER**

I expressly disclaim all responsibility, and shall have no liability for, any damages, loss, injury, or liability howsoever suffered by you, or any third party, as a result of your reliance on any advice, information, or guidance offered during any life coaching session. You should not rely on any advice, information, or guidance we provide as an alternative to medical advice from your doctor or other healthcare professional.

You should consult your doctor or other healthcare professional if you have specific questions or concerns about any medical matter.

You should not delay seeking medical advice, disregard medical advice, or discontinue medical treatment because of advice, information, or guidance offered during any life coaching session. If you think you may be suffering from any medical condition, you should seek immediate medical attention from your doctor or other healthcare professional.

Nothing in this disclaimer shall limit or exclude any liability that may not be limited or excluded by applicable law.

**TESTIMONIAL DISCLAIMER**

The experiences, comments, and statements made in the testimonials on my website have not been independently authenticated and are given in good faith as examples of client experiences only. I do not guarantee that every client will perceive or achieve the same results, and I offer no warranty on client experience or outcome.

Alice Monkman Life Coach