JENNY DARLIN

Mindset & Soul Integration

MY COACHING COMMITMENTS | CODE OF ETHICS

A little clarity before we get curious. Coaching with me is a collaborative, judgment-free space where **your experience, your meaning, and your choices** matter. Here is how I commit to holding that space.

Your knowing comes first. You are the authority on your own life. I offer questions, reflections, and possibilities—not verdicts, labels, or instructions about who you should become.

Curiosity before conclusions. I can notice a pattern without claiming to know what it means for you. We explore together, without pushing for a breakthrough, a particular interpretation, or a tidy ending.

Choice, consent, and your own pace. You may decline an exercise, question, touch-based activity, or other optional practice; change direction; take a break; or end a session. I will explain activities and seek your consent before we begin.

Respect for every human. I welcome people of different backgrounds, cultures, identities, experiences, and beliefs. I strive to work with compassion, respect, openness, and without judgment.

Privacy with honest limits. I treat what you share with discretion and will not share identifying stories or testimonials publicly without permission. Confidentiality has legal and safety-related limits, and coaching is not subject to all the same privileges as licensed therapy.

Clear professional boundaries. I communicate the scope, pricing, booking terms, and expectations of an experience. I do not exploit the coaching relationship, pressure clients into additional services, or make promises about specific results.

Staying within my lane. Coaching and optional intuitive or experiential practices are not psychotherapy, medical care, crisis services, or legal or financial advice. I do not diagnose, prescribe, or claim to treat or cure illness. I encourage qualified professional support when appropriate.

Honesty and accountability. I will be transparent about my role, welcome questions and feedback, acknowledge when something is outside my expertise, and work to address concerns respectfully. I may refer or decline work that is not an appropriate fit.

You hold the meaning. I hold the map. Together, we notice the breadcrumbs.

More You. Less Noise. | Follow the Breadcrumbs®

This document explains my coaching commitments. It is for clients to read and keep; no signature is required. The separate Coaching Agreement covers participation and practical terms.