

Coaching Disclaimer & Waiver

All coaching services and communication, email or otherwise, delivered by Brittany Conn (your “Coach”), as well as information set forth on this website (Heart and Soul Coaching), are meant to help you identify the areas in your life and in your thinking that may be standing in your way. However, coaching is not professional mental health care or medical care. If you feel psychologically stressed to the point that it is interfering with your ability to function, please have the courage to seek the help you need in the form of a professional counselor.

In that spirit, by purchasing coaching services from your Coach, you confirm that you have read and agree to each statement and that you wish to proceed:

- I understand that the coaching services I will receive from my 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. I also understand that my Coach is not acting as a mental health counselor or a medical professional.
- I understand that coaching is currently an unregulated industry and that my Coach is not licensed by the State of Texas or any other state. I also understand that for all legal purposes, the services provided by my Coach will be considered to be provided in the State of North Carolina.
- I understand and agree that I am fully responsible for my well-being during my coaching sessions and, subsequently, including my choices and decisions.
- I understand that coaching is not a substitute for counseling, psychotherapy, psychoanalysis, mental health care, or substance abuse treatment, and I will not use it in place of any form of therapy.
- I understand that all comments and ideas offered by my Coach are solely to aid me in achieving my defined goals. I have the ability to give my informed consent and hereby give such consent to my coach to assist me in achieving such goals.
- I understand that to the extent our work together involves career or business, my Coach is not promising outcomes including but not limited to increased clientele, profitability, and or business success.
- I understand that my Coach will protect my information as confidential unless I state otherwise in writing. If I report child or elder abuse or neglect or threaten to harm myself or someone else, I understand that necessary actions will be taken, and my confidentiality agreement is limited in this capacity. Furthermore, if my Coach is ordered by a court to provide information or to testify, she will do so to the extent the law requires.
- I understand that the use of technology is not always secure and I accept the risks of confidentiality in the use of email, text, phone, Skype and other technology.
- I hereby release, waive, acquit, and forever discharge my Coach, any agents, successors, assigns, personal representatives, executors, heirs and employees from every claim, suit action, demand or right to compensation for damages I may claim to have or that I may have arising out of acts or omissions by myself or by my Coach as a result of the advice given by my Coach or otherwise resulting from the coaching relationship contemplated by this agreement. I further declare and

represent that no promise, inducement, or agreement not expressed in this agreement has been made to me to sign this agreement. This agreement shall bind my heirs, executors, personal representatives, successors, assigns, and agents.

Contact Us

Brittany Conn welcomes your questions or comments regarding the terms.

Email Address:

heartandsoulcoaching101@gmail.com

Effective as of January 1, 2025