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Although insights shared may draw upon psychological principles, somatic practices, and ADHD-informed perspectives, Lumivera Coaching does not offer medical diagnoses, therapeutic interventions, or legal advice. You are solely responsible for your own physical, mental, emotional, and financial well-being and decisions, and you are encouraged to seek appropriate professional support where necessary.

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## **Coaching & Mentoring Disclaimer**

The Coach/Mentor shall not be held liable for any direct, indirect, incidental, or consequential damages resulting from the use of coaching or mentoring services.

The Client acknowledges that they are solely responsible for their own physical, mental, and emotional well-being, decisions, choices, actions, and results arising from or related to the coaching/mentoring relationship, including any interactions with the Coach/Mentor. The Client agrees that the Coach/Mentor is not liable for any actions, inaction, or outcomes resulting directly or indirectly from any coaching or mentoring services provided.

Coaching and mentoring are not therapy. They do not substitute for therapy, nor do they prevent, cure, or treat any mental health condition or medical disease. Coaching is a forward-focused, growth-oriented process designed to support self-awareness, clarity, and personal agency.

The Client understands that coaching and mentoring may explore multiple life areas, including but not limited to: work, relationships, health, education, finances, and recreation. The Client agrees that the application of insights or practices discussed in sessions—and all resulting decisions or actions - remain their full and exclusive responsibility.

The Client further acknowledges that coaching/mentoring does not involve diagnosis or treatment of mental disorders, as defined by the *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)* or the *International Classification of Diseases (ICD-11)*. Coaching is not a substitute for counselling, psychotherapy, substance abuse treatment, legal advice, medical

care, or financial consultation. Clients are encouraged to seek support from qualified professionals as needed. If the Client is currently under the care of a mental health provider, they are strongly advised to inform that provider of their engagement in a coaching/mentoring relationship.

Except as explicitly stated in the Coaching/Mentoring Agreement, the Coach/Mentor makes no guarantees or warranties, express or implied, regarding the outcomes of the coaching/mentoring process. In the event that liability is established, the Coach/Mentor's total liability shall be limited to the fees paid by the Client for services rendered under the Coaching/Mentoring Agreement through the date of termination.

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## **Contact**

If you have any questions regarding this Disclaimer, please contact: [info@lumiveracoaching.co.uk](mailto:info@lumiveracoaching.co.uk)

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