

Disclaimer

Nature of Relationship:

The coaching relationship is distinct from psychological counseling or psychotherapy. As your coach, I will collaborate with you and your healthcare providers to help you achieve your wellness goals. However, you are responsible for your own actions and decisions throughout the coaching process. I am certified as a Wellness/Nutrition Coach through NASM (National Association of Sports Medicine) and a Menopause Coaching Specialist through Girls Gone Strong.

Non-Prescriptive Approach:

Wellness coaching is not prescriptive. My role is to support and guide you in making choices that align with your goals. I do not provide medical advice, and any decisions made are your responsibility.