

## Coaching Disclaimer and Waiver

By signing below, I hereby acknowledge that I have completely read and fully understand Tomas Rodriguez/Yoguitomas LLC, Coaching Disclaimer and Waiver. I also affirm the truth of the following statements:

All coaching efforts to include sessions, communications via email or text provided by Tomás Rodríguez/Yoguitomas, LLC are intended to help aid you in identifying the areas of your life and in your thoughts that may be hindering your from living the life you desire. Life Coaching is not professional mental health or medical care nor a designed to be a substitute thereof. If life is interfering with your ability to function, we encourage you to seek professional counseling. Life Coaching may aid therapy; however, the work and strategies of coaching is meant to be accomplished after emotional and psychological wounds are healing or already healed

I understand that the coaching services I receive are not provided as a substitute for professional mental health or medical services and are not intended to diagnose, treat or cure any health conditions mentally or medically.

I understand my Life Coach is not acting as a mental health counselor or a medical professional.

I understand that coaching is not a substitute for counseling, psychotherapy, mental health care or substance abuse treatment, and I will not use it as a place of any form of therapy.

I understand and agree that I am fully responsible for my well-being during my coaching sessions and thereafter, including my choices and decisions.

I understand that all comments and ideas offered by my Life Coach are solely for the purpose of helping me to achieved 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 said goals.

I understand that if our work involves career or business coaching, my Coach is not promising outcomes to include but not limited to promotion, business growth and/or business success.

I understand that my Life Coach will protect my information as confidential unless I state otherwise in writing. I understand if I report child abuse, elderly abuse or neglect, or threaten to harm myself or someone else, my Life Coach has the responsibility to take the necessary actions and my confidentiality agreement is limited to this capacity. Additionally, if my Life Coach is ordered by the courts to provide information or to testify, he/she will do so to the extent the law required.

I understand the use of technology is not always secure and I accept the risk of confidentiality.

I hereby release, waive and discharge my Life Coach from every claim, suit action, demand or right to compensation for damages I may claim to have arising out of acts or omissions by myself or by my Life Coach as a result of the advice given by Life Coach or otherwise resulting from the coaching relationship contemplated by this agreement. I further declare and represent that no promise, agreement, or inducement has been expressed or implied in this agreement to make me sign.

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Signature

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Date