



## **Statement of Intent and Limitations**

All coaching services, tools, and resources offered by Evolve Personal Coaching, are meant to inspire, encourage, and challenge you. Coaching is not a substitute for mental health services, counseling, or medical support. If you find yourself struggling with traumatic experiences or feel overwhelmed to the point your daily functioning is affected, please contact a clinical professional. If you have untreated physical illness, please contact a medical professional. Evolve Personal Coaching will always refer to an appropriate provider if a need is known. Personal coaching is a wonderful way to compliment other forms of treatment, but it is not intended to treat or cure any mental or physical illness.

- I understand that Evolve Personal Coaching does not provide mental health services and cannot provide counseling, medical advice, or professional nutritional advice. I understand that personal coaching is not a substitute for mental health or medical treatment.
- I understand that my coach will keep all of our conversations and information shared confidential. Evolve Personal Coaching will not share my information with any private or public parties without my express, written consent.
- I understand and agree that I am fully responsible for my own well being for the duration of the coaching I receive. I alone am responsible for my choices and actions.
- I understand that all suggestions and ideas offered by my coach are solely for the purpose of aiding 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 hereby release, waive, acquit and forever discharge Jillian Landis and Evolve Personal Coaching LLC, their agents, successors, assigns, personal representatives, executors, heirs and employees (collectively "Evolve Personal Coaching") 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 actions, omissions, or commissions taken by myself or by EPC as a result of the advice given by EPC or otherwise resulting from the coaching relationship contemplated hereunder. I further declare and represent that no promise, inducement or agreement not herein expressed has been made to me to enter into this release. The release made pursuant to this paragraph shall bind my heirs, executors, personal representatives, successors, assigns, and agents.

I have read the statements above and understand and agree with the information stated therein:

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_