

## **Disclaimer: Coaching and Medical Guidance**

### **Responsible Approach to Coaching**

The content provided on this website, across social media platforms, and within our programs and courses is for informational and educational purposes only. Lora Wingert is not a medical professional, psychiatrist, or licensed healthcare provider.

Nothing shared here constitutes professional medical advice, diagnosis, treatment, or therapy. The information is not intended to replace professional services offered by qualified specialists in these fields.

Coaching is not psychotherapy and should not be considered a substitute for it. It does not involve diagnosing or treating medical conditions such as depression, anxiety disorders, severe trauma, addiction, or eating disorders.

A stable mental health condition is a prerequisite for participating in our courses and coaching sessions. We emphasize personal responsibility in this regard.

If you are currently undergoing or have previously received therapy or medical treatment, we strongly advise consulting your therapist or physician before participating in our programs. This ensures that specific exercises or techniques will not have any adverse effects.

If you suspect you have a medical or psychological condition, please seek guidance from a qualified healthcare provider. Never disregard professional medical advice or delay seeking treatment due to information found here.

In cases of experienced violence, please contact the police (in emergencies) or an appropriate support service with trained professionals.