### **Disclaimer**

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### **1. Not a Substitute for Professional Advice**

* Spring to Life Coaching provides personal and professional coaching services designed to support clients in achieving their goals. However, coaching is *not a substitute* for medical, mental health, financial, or legal advice.
* If you require assistance in these areas, please seek the advice of a qualified professional.

### **2. Individual Results May Vary**

* Coaching outcomes depend on the client's effort, commitment, and individual circumstances. While Spring to Life Coaching strives to provide tools and guidance to support your journey, we cannot guarantee specific results or success.

### **3. No Warranties**

* All content, materials, and services provided by Spring to Life Coaching are offered "as is" without warranties of any kind, express or implied.
* We make no representations regarding the accuracy, reliability, or completeness of the information provided on this website or through coaching sessions.

### **4. Personal Responsibility**

* By using our services, you acknowledge that you are responsible for your own decisions, actions, and outcomes.
* Spring to Life Coaching is not liable for any direct or indirect consequences arising from your use of this website, coaching sessions, or resources.

### **5. External Links**

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### **6. Testimonials**

* Any testimonials or success stories shared on this website represent individual experiences and results. These testimonials do not guarantee similar outcomes for every client.

### **7. Changes to This Disclaimer**

* Spring to Life Coaching reserves the right to update or modify this disclaimer at any time. Changes will be posted on this page, and continued use of the website or services indicates acceptance of the updated terms.

### **8. Contact Us**

If you have questions or concerns about this disclaimer, please contact us:  
**Email:** Susan @STLCoach.com