

## DISCLAIMER

The content provided on [peterhowecoaching.com](http://peterhowecoaching.com) and any information shared on this website and during coaching sessions offered by Peter Howe Coaching (“we,” “us,” or “our”) is for informational purposes only. It does not constitute medical, psychological, or therapeutic advice, diagnosis, or treatment.

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

The information provided on this Website or during coaching sessions is not a substitute for professional medical, psychological, or therapeutic advice, diagnosis, or treatment. It is designed to support personal growth, mindset development, and overall well-being.

### **Individualised Nature of Coaching**

Coaching sessions conducted by Peter Howe Coaching are individualised and tailored to each client’s specific needs and goals. However, they are not intended to replace therapy, counselling, or medical treatment.

### **Consultation with Healthcare Providers**

We strongly advise people and clients to consult with qualified healthcare providers, such as licensed physicians, psychologists, or therapists, before making any significant changes to their mental health, medical treatment, or lifestyle based on information obtained from this website or coaching sessions.

### **No Warranties**

While we strive to provide accurate and up-to-date information, we do not make any representations or warranties of any kind, express or implied, regarding the completeness, accuracy, reliability, suitability, or availability of the information provided on the website or during coaching sessions.

### **Assumption of Risk**

Any reliance you place on the information provided on the website or during coaching sessions is at your own risk. We shall not be liable for any direct or indirect damages from using this information.

### **Seek Immediate Help in Emergencies**

In the case of a medical or mental health emergency, don't hesitate to contact emergency services or seek immediate assistance from a qualified healthcare professional.

### **Changes to Disclaimer**

We reserve the right to modify or update this disclaimer without prior notice. Any changes will be effective immediately upon posting the updated disclaimer on the website.