

Coaching Services Disclaimer

helioswellness.co

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1. Nature of Services

The information, coaching services, and resources provided on this website by Renée Bayard (the "Coach," "she," or "I") are for **educational, informational, and personal development purposes only**. Life coaching, trauma-informed coaching, and accountability services are **not** forms of psychological therapy, mental health counseling, psychiatric treatment, or medical advice.

Coaching services are offered through **Helios Wellness LLC** ("Helios Wellness"), a California limited liability company. Helios Wellness LLC is a separate and independent company from Helios Psychiatry, Inc. Coaching is not offered by, on behalf of, or under the clinical supervision of Helios Psychiatry, Inc. or any of its physicians, and booking a coaching service does not make you a patient of that practice or create any physician-patient relationship.

2. Not a Substitute for Professional Mental Health or Medical Care

While the Coach utilizes trauma-informed coaching principles, her services do not diagnose, treat, prevent, or cure any mental health condition, clinical trauma, or physical illness. Coaching is forward-focused and centered on goal setting, personal growth, and accountability. It is not backward-focused clinical processing.

If you are experiencing severe psychological distress, suicidal ideation, or require clinical trauma therapy, you are urged to seek the immediate care of a **licensed mental health professional, therapist, or medical doctor**.

3. No Therapist-Client Relationship

Your use of this website, submission of forms, or participation in introductory calls does not establish a therapist-client or medical relationship. A professional coaching relationship is only initiated once both parties have signed a formal, written Coaching Service Agreement.

4. International Clients Disclaimer

As an online service operating from Menlo Park, California, United States, Helios Wellness welcomes international clients. However, you are solely responsible for ensuring that participating in remote personal coaching complies with any local regulations or laws governing mental wellness or consulting services within your specific country and jurisdiction.

5. Assumption of Risk and Guarantees

You acknowledge that personal growth and life shifts require personal effort, and that results vary by individual. The Coach makes **no guarantees, promises, or warranties** regarding specific outcomes, breakthroughs, or income results from our coaching services. You assume full responsibility for your choices, actions, and physical and mental well-being.

Scope of Services, Client Responsibility, and Waiver of Liability

1. Nature of Coaching Services

The Client understands and agrees that life coaching and trauma-informed coaching services provided by the Coach are **strictly for educational, developmental, and goal-oriented purposes**. The Coach is a professional mentor and facilitator, **not a licensed psychotherapist, counselor, psychologist, psychiatrist, or medical professional**.

2. Distinction from Therapy

The Client acknowledges that coaching sessions focus on forward-moving strategies, personal growth, emotional resilience, and accountability. Coaching is **not a substitute for psychological therapy**, clinical trauma processing, substance abuse counseling, or medical diagnosis. The Coach will not analyze past clinical medical conditions or treat psychological disorders.

3. Client Choice and Responsibility

The Client enters into this coaching relationship voluntarily and retains exclusive control over their own decisions, emotional processing, and life choices. The Client agrees to:

- Inform the Coach immediately if they are currently under the care of a licensed mental health professional.
- Seek independent professional medical or clinical psychiatric care if severe psychological distress, trauma triggers, or mental health emergencies arise during the coaching relationship.

4. Waiver of Liability

The Client explicitly waives, releases, and discharges the Coach, Renée Bayard, and **Helios Wellness LLC**, together with their respective owners, members, officers, employees, contractors, and representatives, from any and all claims, demands, or liabilities arising out of or related to emotional, psychological, or physical outcomes resulting from the coaching relationship. The Coach offers no guarantees or warranties regarding specific results or behavioral shifts.