

Legal Notice - Consent Declaration

All information on the website and within the consulting/coaching services is solely advisory. Elena Hofmann (hereinafter referred to as Coach) publishes her own opinions and experiences regarding chronic illnesses, especially Fibromyalgia, in her posts. The information is provided purely for alternative knowledge dissemination. The information provided in the context of health coaching is for informational purposes only and should not be considered a substitute for professional medical advice, diagnosis, or treatment. The Coach does not have a medical background and, therefore, cannot provide medical advice.

Participation in coaching/consulting is the responsibility of the participant. Each individual is responsible for critically examining the advice, instructions, and recommendations of the Coach and, if necessary, consulting a qualified doctor, therapist, or other medical professional before making changes to their health routine.

The Coach assumes no liability for losses, damages, or injuries resulting directly or indirectly from the application of the information provided in coaching. Any actions taken based on the information received during coaching are done at the participant's own risk.

It is recommended to consult a doctor before starting coaching, especially if there are existing health problems, injuries, or medical conditions. A Coach can provide support, motivation, and resources, but it is crucial for each individual to know their own needs and limits and listen to their body.

The Coach reserves the right to terminate or refuse coaching if there are concerns about the participant's health or safety.

Please note that this disclaimer cannot cover all possible risks and liability issues. For further questions or concerns, always consult a professional.

By participating in health coaching, the participant declares to have read, understood, and accepted this disclaimer.