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The coaching services offered on this website and through Sonia Maria Horn are educational and developmental in nature. They are designed to support you in mindset, self-worth, and personal growth work.

Coaching is not therapy or medical treatment. I am not a licensed medical doctor, psychiatrist, or psychologist, and nothing offered here is intended to diagnose, treat, cure, or prevent any physical or mental health condition. Coaching is not a substitute for medical or psychological care. If you are dealing with a medical condition, mental health concern, or crisis, please consult a qualified healthcare professional.

No outcomes are guaranteed. Every person's results depend on their individual circumstances, effort, consistency, and application of the material. I do not promise or guarantee specific results, income, transformation, or healing of any kind, physical, emotional, or otherwise. Testimonials and examples shared reflect individual experiences and are not a guarantee that you will achieve the same or similar results.

You are responsible for your own decisions. By participating in this coaching, you acknowledge that you are voluntarily taking part and that you remain fully responsible for the choices you make, the actions you take, and the outcomes that follow, both during and after our work together. Coaching offers tools, perspective, and support, but the responsibility for applying them and for your own life and wellbeing rests with you.

Confidentiality and self-disclosure. Anything you choose to share during coaching is treated with respect and discretion, but coaching does not carry the same legal confidentiality protections as licensed therapy.

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