



Last updated: [3 August 2025]

Program Terms & Disclaimer

Elevate & Reclaim is a transformational coaching program designed to support women in their healing journey following experiences of sexual assault. The content is crafted to foster personal growth, emotional insight, and self-expression.

Please be advised:

- This program does not provide clinical, psychological, or licensed therapeutic services.
- The creator of this program is a transformation coach, not a licensed mental health professional. Guidance is offered through coaching tools, lived experience, and holistic frameworks.
- Participation does not create a therapist-client relationship.
- If you are navigating acute trauma, PTSD, or any mental health condition, please seek support from a qualified and licensed mental health provider in your area.

Use of the Dr. Demartini Method®

As part of this program, some sessions may include elements of the Dr. Demartini Method®, a structured inquiry process designed to help dissolve emotional charges, expand perspective, and bring clarity and inner balance.

While I am a certified facilitator of the Demartini Method® (since June 2025), this technique is applied solely within the context of personal development coaching — not as a form of therapy or treatment.

You are encouraged to participate only if you feel emotionally ready to explore this work in a self-responsible and supported way.

Results Disclaimer

Every client's journey is unique. While coaching may lead to insight and clarity, no specific outcomes or guarantees are promised.

Your results depend on your commitment, honesty, and willingness to engage in the process.

Your Agreement

By enrolling in this program, you acknowledge and accept the above terms.

You agree that you are responsible for your own wellbeing, and that the guidance provided is for educational, developmental, and transformational purposes only.