

Legal Framework for Life Coaching

As a life coach, Julia Bender is required, pursuant to the ruling of the Federal Constitutional Court of March 2, 2004 (Ref. 1 BvR 784/03), to provide the following information before the first session begins:

All services offered by Julia Bender for life coaching serve exclusively to activate self-healing powers and do not replace diagnosis or treatment by a physician, psychotherapist, or alternative practitioner. This does not constitute medical practice.

There is no legal entitlement. Ongoing treatments, including the taking of medication, must neither be interrupted nor discontinued, nor should future treatments be postponed or omitted. In this form of collaboration, Julia Bender does not make diagnoses.

The focus of this work is the promotion of relaxation and the activation of self-healing powers. Julia Bender therefore does not specifically address symptoms or illnesses. Minors under the age of 18 may only use these services with the written consent of a legal guardian.

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My participation in individual sessions – private or online – and/or workshops, couples work, groups, and retreats with Julia Bender is voluntary, and I am responsible for myself and my actions before, during, and after participation.

I understand that techniques and methods learned in workshops and/or seminars do not constitute further training or professional qualification, and I am not authorized to apply these techniques/methods to other people without corresponding certification (written documentation upon completion).

I am fundamentally physically and mentally healthy and/or voluntarily disclose information about illnesses, complaints, medication, as well as acute and/or chronic symptoms to Julia Bender, even without being prompted.

Any physical and/or psychological changes that may occur during or after participation are my own responsibility. I release the organizer (Julia Bender) from any liability claims.

In the event of cancellation of the event, regardless of the reason, there is no entitlement to reimbursement of travel or accommodation costs.

Any recording (audio, photo, video) by participants in the room during the seminar is prohibited.

First Name, Last Name (CAPITAL LETTERS)

Place, Date, Signature