

Relate Coaching

Your wellbeing is most important to us at Relate. For this reason we would like you to read and accept the following statements:

Relate's Programmes are not a substitute and should not substitute counselling, psychiatry or psychotherapy or any other medical treatment or health program.

This Personal Development Program and any other programmes delivered by Relate will not address the issues that are addressed by a medical or health professional.

People with serious mental disorders have occasionally come to Relate's programmes with the unrealistic expectation that the technique will cure or alleviate their mental problems. Unstable interpersonal relationships and a history of various treatments can be additional factors which make it difficult for such people to benefit from, or even complete, our programmes. Our capacity as personal development coaches makes it impossible for us to properly care for people with these backgrounds. Although our program is beneficial for most people, it is not a substitute for medical or psychiatric treatment and we do not recommend it for people with serious psychiatric disorders.

Our coaches are not medical or health professionals.

You are responsible for your physical and mental well-being. Should you have any concerns about your well being please consult your physician or health professional immediately.

Please advise your Relate coach if at any time after reading and / or accepting this statement and until you complete your programme with Relate if there are any changes with your physical or mental well-being.

I agree and understand all that I have read in this statement.

Definition of Coaching

Coaching is a professional relationship that helps people produce extraordinary results in their lives. Through coaching, you will deepen your ability to enhance the quality of your life. The coach listens, asks questions and this creates clarity and moves you forward and into action. Coaching accelerates the achievement of your goals by discovering a greater focus, deepens your awareness and understanding of who you are and what you want.

The achievement of these goals is directly correlated to the actions you take

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