



# Disclaimer

## DISCLAIMER

The role of Cindy Johnston and Soul Sobriety Coaching is not to provide medical services, or to diagnose, treat, cure any disease, condition, or other physical or mental ailment. Cindy Johnston is not an addiction therapist. Her training is as a life coach specialising in Grey Area Drinking which can support and guide you to reach your wellness goals and implement positive, sustainable lifestyle changes.

You understand that Cindy Johnston is not acting in the capacity of a medical doctor or therapist, and is not a licensed healthcare provider. You understand that the decisions you make regarding your health care are your responsibility and that you will not hold Cindy Johnston responsible for any consequences of your medical decisions.

## COACHING, DEFINED

Soul Sobriety Coaching includes tools and resources that can help you decrease stress and sustain healthy action plans to create an alcohol-free life. Soul Sobriety Coaching provides personalised support and accountability. It is not a substitute for addiction therapy and is not a detox program. If you are concerned about your mental health, or are physically addicted to any drug, including alcohol please contact your GP for medical advice or assistance.



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