

Hold Harmless Agreement

Welcome! I am excited to work with you! I call this process a Journey to Healthy Living and that is exactly what it is! It isn't a destination, but a journey and a process! With many steps along the way and a shift to a better way to live life!

As your coach, I will provide suggestions and education to you. You, in turn, will make the choices in which direction you will move forward. You will be the beneficiary of those choices. What I share with you will be from my own experiences, what I would do in your situation, things that have helped me, specific trainings I have received, and from what I know and understand. Your responsibility will be to find truth for you, to open up your mind, to have a clear vision of your goals, to practice and act on what I teach or ask you to do, and to be 100% accountable for the efforts you make and the success you obtain!

I believe in healing...in all its many forms and varieties! I offer hope that things can and will get better! There are so many options and opportunities available to us, if we open our eyes to see them! Support is key to finding success and for helping us when those weak moments come! My goal as a coach is to provide you with the tools you need to Take Charge of Your Life! This is my original business name and a power statement for you! I wish you every success in your endeavor and I believe in you! If I can do it...so can you! Be ok to face the unknown! Get out of your comfort zone and be ok with the uncomfortable! Let growth be a part of every waking moment! Forgive and move on! Learn to let go of what you cannot control! Expect good things to happen and they will! Take care of the body you live in...you only get one! Manage your thoughts and get them to work for you to create the life that you love! Love yourself so you can love others more fully! Embrace change!

I am not a doctor, nor do I intend to diagnose, treat, prevent or cure any disease, relationship, or problem. If you are making lifestyle changes, have current medical needs or constraints, are taking any prescription drugs, or are pregnant or nursing, then seek the advice and support of your medical physician prior to embarking on this new lifestyle journey. Following my advice, health program, therapies or anything else from me is a personal choice. By signing this form you indicate that you voluntarily accept to undertake this program and release me and all that are associated with me, under my business name of Take Charge of Your Life, LLC dba Daisy Lamb Coaching or as me as a person, Daisy Lamb, from responsibility and liabilities, associated with your change in lifestyle habits. You hold harmless Daisy and her businesses of operation and all who might work alongside her as she makes recommendations, referrals, or creates connections as you begin and continue your Journey to Healthy Living. You also release Daisy and her businesses from any and all complications that may arise from any of my suggestions or offered therapies or recommendations. You understand that any changes you make are your sole responsibility and your right! You own your body and mind! Make it work for you!

Client Name_____

Client Signature_____ Date_____

Business Owner Signature_____ Date_____

Daisy Lamb,
Owner of Take Charge of Your Life, LLC dba Daisy Lamb Coaching
Therapeutic Nutritional Counselor
Personal Mentor
Empowerment Specialist