

ELEVATEHER

MENTORSHIP & EMPOWERMENT

INFORMED CONSENT & NON-CLINICAL SERVICES DISCLOSURE

Please read this document carefully before beginning any mentorship program, workshop, healing circle, retreat, or virtual program offered by ElevateHer Mentorship & Empowerment LLC ("ElevateHer," "we," "us"). This form explains the nature of our services, their limits, and your rights as a participant.

1. Nature of Services

ElevateHer provides faith-aligned mentorship, empowerment coaching, workshops, healing circles, retreats, and related programs. These services are designed to support personal growth, encouragement, spiritual reflection, and practical empowerment.

ElevateHer services are NOT:

- Psychotherapy, counseling, or any form of licensed clinical mental health treatment
- A substitute for medical, psychiatric, or psychological care
- A crisis intervention or emergency service
- Legal, financial, or medical advice

Our Founder, Tracee Stuart, brings over 20 years of experience as a chaplain and holds a B.A. in Criminal Justice. This background informs a compassionate, faith-integrated approach to mentorship, but does not constitute licensure as a therapist, counselor, social worker, or medical provider.

2. Voluntary Participation

Participation in any ElevateHer program is entirely voluntary. You may decline to answer any question, decline any exercise, or withdraw from a program at any time without penalty.

3. Confidentiality & Its Limits

We respect the privacy of everything shared in one-on-one mentorship and group healing circles, and we ask all healing circle participants to extend that same respect to one another. However, confidentiality has important limits. ElevateHer or its mentors may need to break confidentiality and contact appropriate authorities or emergency services if:

- You disclose an intent to harm yourself
- You disclose an intent to harm another person
- There is reasonable suspicion of abuse or neglect of a child, elder, or dependent adult
- Disclosure is required by law

If you are currently experiencing thoughts of suicide or self-harm, or are in crisis, please contact the 988 Suicide & Crisis Lifeline (call or text 988) or go to your nearest emergency room. ElevateHer mentors are not equipped to provide emergency or crisis intervention services.

4. Referrals

If, during mentorship, it becomes clear that a participant's needs would be better served by a licensed therapist, counselor, medical provider, or other professional, ElevateHer will recommend seeking that outside support. ElevateHer may maintain a referral list of community resources but does not guarantee outcomes from any referral.

5. Assumption of Risk

Personal growth work, including workshops, healing circles, and retreats, may surface difficult emotions or memories. You acknowledge this is a natural part of reflective work and voluntarily assume this emotional risk by participating.

6. Acknowledgment

By signing below, I acknowledge that I have read and understood this Informed Consent & Non-Clinical Services Disclosure. I understand the nature and limits of ElevateHer's services, and I voluntarily consent to participate.

Participant Signature

Printed Name

Date

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