

General Disclaimer & AI Content Disclaimer

Meta title: Disclaimer | Path to Impact Coaching

URL: pathtoimpactcoaching.com/disclaimer

Last updated: August 23, 2026

General Disclaimer

This is a real legal document, not boilerplate to skim past. If anything here does not make sense to you, or you disagree with any of it, please do not purchase a program and do not continue using this Site.

What this Site is for

The coaching, speaking, workshops, nonprofit programs, Library of Hope programs, self-check, free resources, and other content on this Site are for informational, educational, or reflective purposes.

Current offerings and resources include **The Cost of Being Indispensable** keynote, **From Indispensable to Supported**, **Your Part Isn't The Whole Mission**, **Library of Hope**, **A Better Read on One Problem**, **RESET**, **REWIRE**, **REGENERATE**, and **What Is Being Reliable Costing You?**, the free 10-minute self-check.

The Site also offers a **Free 20-Minute Where to Begin Conversation** for people who are considering coaching and are not sure where to begin.

These services and materials address patterns of over-responsibility, burnout, boundaries, asking for and receiving support, sustainable work and leadership, mission-driven work that never feels finished, and reflective community dialogue.

Everything here is for your own use and at your own discretion, alongside—not instead of—any medical, mental-health, legal, financial, human-resources, or other professional support you already have.

What Hanna actually is, and is not

Hanna Essenburg is a **National Board Certified Health & Wellness Coach (NBC-HWC)** and **Master Neurotransformational Coach**, Elite University.

She is not acting as your doctor, therapist, psychiatrist, lawyer, accountant, or human-resources professional. Nothing on this Site, in a coaching session, during a talk or workshop, in a Where to Begin Conversation, or in any program material is medical, mental-health, legal, tax, financial, employment, or human-resources advice.

Coaching is forward-focused and skills-based. It is not a substitute for treatment by a licensed professional.

If you are in crisis, please contact a licensed provider or emergency services.

You are taking this on voluntarily

Neither Hanna nor **Path to Impact Coaching, LLC** is responsible for how you use, misuse, interpret, or apply anything supplied on this Site or in our programs.

You are in the best position to judge how this information fits your circumstances, including risks you know about and risks you do not.

If you use or rely on anything here, you are doing so voluntarily.

What coaching here is built to help with

Our role is to support you in recognizing the pattern of becoming the person everyone counts on; sorting out what is truly yours to carry; identifying what needs to change; and asking for or accepting support before you are depleted.

The work may include self-regulation, perfectionism, resentment, boundaries, asking and receiving, and courage.

Coaching does not make decisions for you, change another person or workplace on your behalf, or guarantee a specific result.

Your results are yours, not a guarantee we are making

You are solely and personally responsible for your own decisions, actions, and results.

How long-standing your patterns are, the support available to you, your circumstances, your readiness to make changes, and your follow-through between sessions may all affect your experience.

A Better Read on One Problem is one focused 60-minute coaching session. It cannot undo years of patterns or guarantee a particular outcome.

RESET, REWIRE, and REGENERATE offer different lengths and scopes of coaching support, but no session or package guarantees that you will reach a particular outcome.

The **Free 20-Minute Where to Begin Conversation** is an introductory conversation. It does not guarantee that coaching is appropriate for you, that a particular coaching option will be recommended, or that you will choose to continue into paid coaching.

Do not put off getting professional help because of something you read here

If you need professional advice, medical care, mental-health treatment, workplace guidance, or emergency help, do not delay or avoid seeking it because of something on this Site or something we have told you.

On EFT (tapping)

One of the tools that may be used in coaching sessions is **EFT (tapping)**.

It involves tapping with your fingertips on specific points on the body, often the hands, face, and collarbone, while noticing or naming the feeling or experience you are working with.

It is used here as one coaching tool alongside approaches such as NLP, positive psychology, and solution-focused approaches.

It is not presented as medical treatment or as a substitute for care from a licensed health professional.

On health and medical care

Hanna is not a licensed healthcare provider and does not diagnose or treat medical conditions.

Nothing here is a substitute for care from a physician or other qualified provider.

Please do not self-diagnose based on anything here, and do not stop or change any medication without talking to your prescribing provider first.

If you have or suspect a medical problem, contact your healthcare provider promptly.

The self-check and free resources

What Is Being Reliable Costing You?, the free 10-minute self-check, and other free resources offered by Path to Impact Coaching, LLC are reflective and educational tools.

They are not medical, psychological, employment, human-resources, or diagnostic assessments.

A self-check result does not determine whether you have a medical or mental-health condition, whether coaching is clinically appropriate, what an employer should do, or what outcome coaching would produce.

Providing a first name and email address to receive **What Is Being Reliable Costing You?** does not create a coaching relationship.

Your completed self-check stays with you unless you choose to share your answers separately.

Email delivery through Mailchimp

Path to Impact Coaching, LLC uses Mailchimp to host the signup form, record consent and unsubscribe status, and deliver **What Is Being Reliable Costing You?** and one clearly disclosed follow-up email from Hanna.

Mailchimp does not score, interpret, or receive your completed self-check answers unless you choose to submit them separately.

Email delivery is not guaranteed. Messages may be delayed, filtered, or placed in a spam folder by your email provider.

Mailchimp is a separate company, and its handling of information is governed by its own privacy policy at <https://mailchimp.com/legal/privacy/>.

No guaranteed outcomes

Results vary by individual and by organization.

No specific result is promised or guaranteed.

Testimonials reflect individual experiences and are not a guarantee of similar results.

No warranties

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EMAILS, DOWNLOADS, OR SERVICES ON IT, AND DISCLAIM ALL WARRANTIES TO THE FULLEST EXTENT THE LAW ALLOWS, INCLUDING MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE.

Some states do not allow disclaiming implied warranties, so this paragraph may not fully apply to you.

Speaking, workshops, and organizational programs

The Cost of Being Indispensable keynote, **From Indispensable to Supported, Your Part Isn't The Whole Mission**, and **Library of Hope** programs are educational and reflective, not therapeutic or clinical.

A keynote or workshop may help participants recognize patterns, see where too much responsibility is resting on too few people, ask better questions about how work is being held, and identify possible next steps.

These programs do not guarantee changes in staffing, culture, retention, performance, leadership, employee health, or any other organizational result.

Library of Hope public programs are designed to be nonpartisan and reflective.

Third-party links, tools, and recommendations

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Any affiliate link will be clearly disclosed in accordance with applicable FTC requirements.

No affiliate links are currently used.

AI Content Disclaimer

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**All AI-assisted content is reviewed by Hanna before it is published or sent.
Nothing is intentionally published or sent without human review.**

Even with human review, AI-assisted drafts can contain errors, outdated information, or statements that do not fully hold up. No review process catches everything.

If anything on this Site seems inaccurate, outdated, or inconsistent, please verify it independently before relying on it.

Do not treat AI-assisted content as a substitute for professional advice.

Path to Impact Coaching, LLC reserves the right to correct or remove any content, AI-assisted or not, at any time without notice.

By using this Site, you agree to this Disclaimer. If you do not agree, please do not continue using the Site.

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Path to Impact Coaching
For the people everyone counts on.

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