EMPOWERED
COACHING & CONSULTANCY

AI chatbot disclosure

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You may see an AI-powered chat assistant on this website. Here is how it works.

What it is

- It's an automated assistant, not Emma. It runs on Wix and is set up with information about our services.
- It can't provide counselling, coaching, diagnosis or crisis support.
- If it can't help, it will offer our contact form or invite you to book a free discovery call.
- You can always email Emma directly at contact@empowered-coaching.today instead.

It isn't a crisis service

If you're in crisis, call 999, call NHS 111 and choose the mental health option, call Samaritans free on 116 123, or text SHOUT to 85258.

Your conversations

- Please don't share sensitive personal or health information in the chat.
- Emma may read conversations to check the assistant is giving accurate and safe answers.
- Conversations are kept for 12 months, then deleted.
- Chat conversations are never added to client records.
- You can choose not to use the chat assistant.

How your information is handled is set out in our Privacy notice.