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| **Welcome. Please read and answer the following as honestly as you can. This will help determine if we are the correct fit as coach and client.  Your information will remain private and secure. Please do contact me with any questions or concerns.** | |
| Name: | Surname: |
| Birth date: | |
| How did you hear about us? | |
| Address: | |
| Email: | |
| Phone: | |
| Occupation: | |
| What issue or concerns motivates you to seek my assistance now? | |
| What, more than anything, do you expect yourself to change/accomplish? What is your intention for coaching? | |
| Are you 100% willing to apply what you learn? | |
| Yes | No |
| Please explain your reason/s | |
| Do you have a partner or family who might resist your change? If so, how will you address it? | |
| Yes | No |
| Please explain your reason/s | |
| Have you received counselling, therapy, or coaching in the past? | |
| Yes | No |
| Are you receiving any now? | |
| Yes | No |
| If so, do you have his/her support? | |
| Yes | No |
| Do you have experience with meditation/yoga/spiritual practice? | |
| Yes | No |
| If so, what technique(s), How often? | |
| Do you drink liquor? Take mind-altering prescription or recreational drugs? | |
| Yes | No |
| What kind/s? How often? | |
| Do you take nutritional supplements? | |
| Yes | No |
| What kind/s? How often? | |
| Do you feel you will be able to be or become open and honest with me so I can help you to understand and change what interferes with your intention? | |
| Yes | No |
| Are you concerned I might judge what I hear you say? | |
| Yes | No |
| Are you comfortable with being asked questions and answering them openly? | |
| Yes | No |
| Date: | |
| ***PLEASE READ CAREFULLY*** | |
| I am not a therapist, psychologist, or counsellor who provides therapeutic or curative measures or solutions to your problems. Rather, I am a professional and personal transformational specialist. My objective is to help you change the self-limiting habits that interfere with your ability to achieve the results you want. I will partner with you to provide perspective, create focus, clarify intentions, motivate, and build accountability through empowerment. Kinesiology and other client-focused techniques will be used to assist you to fulfil your objectives and excel dramatically toward improving your performance, livelihood, and quality of life. Do you understand and are you comfortable with this? | |
| *By signing below, you agree and understand the above statement* | |
| Signature: | |