

Welcome to Coaching!

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Hello, and welcome to Coaching! I am excited to begin working together and would love to learn more about you before we begin this journey. Please take some time prior to our first session/consultation to respond to the questions below.

Return this form either in person or to the email address above. Thank you!

Your Name _____ *Date* _____

Nature of Your Current Work/Business

Home Address _____

City _____ *State* _____ *Zip* _____

E-Mail Address _____

Phone Number _____

Your Birthday: (month and date)

If partnered, his or her name:

If you have children, names and ages:

Anything else important for me to know?

Your Goals: Why Coaching? Why Now?

What do you most want to gain from our time and work together?

What goals or aspirations do you want to work on?

What are some things you would like to change in your life at this moment?

Are there any areas in your life that feel incomplete?

What kinds of things make you happy - makes your heart sing?

If you could add anything to your life, what would it be?

If you could remove something from your life, what would it be?

Check, highlight, or circe the goals you MOST want to work on this next 6 months.

HEALTH/ WELL-BEING	CAREER	FINANCIAL	RELATIONSHIPS	TRANSITION	OTHER/ SPECIAL
Reduce Stress	Upgrade/ Change Profession	Start Saving	Experiencing A Loss	Retirement/ Planning for It	Have More Fun
Take Responsibility	Get A Job/ Better Job	Set up/Follow a Budget	Get Active in Community	New Job/New Role	Discover What I Value
Manage Health	Design a Career Track	Earn More/Make More	Socialize More	Big Opportunity	Uncover My Life Purpose
Begin Exercising	Be More Efficient	Relationship with \$ (change)	Strengthen/Create Friendships	New Family Situation	Declutter/ Simplify
Feel Better	Find New Career/Position	Pre-Post Retirement	Create More Intimacy	New Community	Find Sense of Hope/Joy
Have More Energy	Be More Productive	Begin Investing	Get Needs Met	Separation/ Divorce	Release My Creativity
Sleep Better	Do a Better Job at What I'm Doing	Stop Overspending	Create a Network	Medical Crisis/ Challenge	Begin Recovering from:
Lose Weight	Start My Own Business	Work Less/Make More	Get Closer to Partner	Mid-Life Issues	Become More Patient
Meditate	Reduce Workplace Stress	Agree with Partner About \$\$	Find a Partner	Get Over Fear of Change	Make Life Changes
Strengthen My Body	Find Enthusiasm for Work	Pay Off Debt	Mend a Relationship	Sense of Failure	Reduce "Screen Time"
Build Coping Skills/Resiliency	Reduce "Sunday Night Blues"		Improve Familial Relationships	Loss of Loved One	Create Better Work/Life Balance
Body Image Issues			Improve Parenting Skills	Medical Crisis/ Challenge	Redesign My Life
Over Eating/ Under Eating			Relationship with Kids		

Client Consent Form And Partnership Agreement

- I. All services will remain confidential, unless there is a concern for your safety or that of any others.
- II. Payments for coaching sessions are due at the end of each session.
- III. A 24 hour notice must be given prior to cancelling a session. If less than a 24 hour notice is given, you may be billed for the session.
- IV. You are responsible for being on time for your appointment. If meeting over the phone or via Skype, it is your responsibility to call 612.360.7061. Check-in or emergency phone calls or emails are subject to a prorated fee.
- V. You will be treated professionally and with respect. Both parties can choose to end the coaching partnership at anytime.

Client Signature

Date
