

# Wellness Coaching

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## Application

Thank you for filling out this application. Please drop off or mail to me **(at least 3 days prior)** to your InnerView. For best use of our time, please be as clear and specific as possible. You may revise your answers before, during or after the InnerView. Thank you for writing legibly in ink.

Name _____	Occupation _____
Address _____	Date of Birth _____ Sex M ___ F ___
City _____ State _____	Prim. phone _____
Country _____ Zip _____	Sec.phone(s) _____
email _____	Referred by _____
Emerg. contact: _____	Phone _____

What issues or goals would you like to address with your coach? Be specific and brief.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

Write a paragraph or two about the life you dream of living.

Do you use any other resources? (eg. therapy, art, exercise, religion, reading, music, meditation, imagery, rewards, etc.)

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What kinds of support do you prefer or respond well to? (eg. praise, truthfulness, empathy, encouragement, humor, inquiry, directness, active listening, etc.)

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What do you perceive as the main obstacles to achieving your goals? (eg. emotional, physical, psychological, spiritual)

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Describe any significant illnesses, events or traumas in your life:

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Is there anyone you know who would not want you to reach your goals?

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Do you have any questions?

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The primary coaching method I prefer is : (Check all that apply)

TeleCoaching\_\_\_\_\_ In Person Coaching\_\_\_\_\_ E-Coaching\_\_\_\_\_ Group Coaching\_\_\_\_\_

Preferred days: M\_\_\_\_\_ Tu\_\_\_\_\_ W\_\_\_\_\_ Th\_\_\_\_\_ F\_\_\_\_\_

Preferred times: a) 8am-12\_\_\_\_\_ b) 12-3pm\_\_\_\_\_ c) 3-6pm\_\_\_\_\_ d) other times: \_\_\_\_\_

1stph# \_\_\_\_\_ 2ndph# \_\_\_\_\_ Cell ph# \_\_\_\_\_

I want to receive coaching:

1 x \_\_\_\_\_ 2 x \_\_\_\_\_ 3 x \_\_\_\_\_ a week

30 min \_\_\_\_\_ 45 min \_\_\_\_\_ 60 min \_\_\_\_\_ sessions \_\_\_\_\_ x \_\_\_\_\_ = \$ \_\_\_\_\_

- Coaching fee is \$90 hour
- InnerView (60 -75 min session) = \$ 100
- OuterView (60 -75 min session) = \$100

First month of coaching = \$ \_\_\_\_\_ Paid prior to InnerView \_\_\_\_\_

