



# GOSHEN CONFIDENTIAL LIFE COACHING INTAKE FORM

Please carefully go through and complete this form. Any question, feel free to call us for further explanation. Thank you for your cooperation.

**PLEASE NOTE:** This information is for counselling use only.

It is considered confidential: we will not release information to anyone, nor will we contact those listed below, without your permission.

## Name

First Name

Last Name

## Email

example@example.com

## Mobile Contact

Area Code

Mobile Contact

**Tell me about your business (if you have one.) Or what kind of business you've been thinking of starting.**

**Why are you interested in life coaching?**

**What's preventing you from accomplishing your life and/or business goals?**

**What are your biggest struggles around your life and/ or business?**

**What does your dream life and business look like?**

**What specific benefits and results would you expect to receive by the time we're done working together?**

Submit and Sign

# **A NEW YOU- LIFE COACHING SERVICES Consent Form**

According to (Bresser & Wilson, 2010), "at the heart of coaching lies the idea of empowering people by facilitating self-directed learning, personal growth, and improved performance.

We believe that each individual is different and has his/her own way of focusing on solutions. The journey of each client is different. We are a licensed counselling service with over 7 years of experience specializing in various life coaching areas. We value our relationship with our clients and believe that relationships signal the healing process. We believe that coaching is "a solution-focused, result-orientated systematic process in which the coach facilitates the enhancement of work performance and the self-directed learning and personal growth of the coachee" (Grant, 2001a, p.8)

## **Client's Rights**

1. The client may ask questions on what to expect during and end result of the therapy.
2. The client may decline to proceed the counselling as to the techniques, which may be conducted by the therapist.
3. The client may cease to continue counselling sessions anytime and may return to therapy anytime.
4. The coach has the right to dismiss the client from the course of therapy.
5. The client has the right to review his or her records from the life coach.
6. Right to confidentiality: Within limits provided for by law, all records and information acquired by the coach shall be kept strictly confidential in accordance to the principles of a doctor-patient relationship. All information will not be shared or revealed to any person, agency, or organization without the prior written consent of the client.
7. The client can raise any concerns and to speak with the coach immediately of any concerns provided that the therapist is likewise available to discuss matters with the client.

**Please check the items that you believe is affecting you**

- Alcohol or drug problems
- Anger or hostile feelings
- Anxiety, nervousness, fears
- Sadness or Depression
- Eating or appetite problems
- Family issues
- Procrastination
- Physical distress
- Relationship/marital concerns
- Sexual concerns
- Shyness
- Traumatic experiences
- Social conflicts
- Suicidal feelings or behaviours
- Stress
- Sleep disorder
- Self-control
- Self-esteem or confidence
- Work or career concerns
- Financial Management

**Acknowledgement**

I have reviewed this A NEW YOU Informed Consent Agreement. I likewise understand my Client's Rights set in this form. I accept this agreement and consent to the Coaching.

**Client Name**

First Name

Last Name

**Signatory**

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