

Necessary information:

Name:

Email:

Address:

Best Phone to reach you:

Secondary Phone:

Referred by:

Name

Social Media

Event

Found my information, where?

Other

(Preferred method for communicating for session (In-Person, Virtual/Video Call, Phone Call)

If you prefer virtual sessions, what is the platform you prefer to utilize, as well as your contact information for that platform?

If the client is local, we will utilize in-person sessions.

If the person is NOT local we can either use phone calls or video calls. We will choose from several available platforms - Skype, Facetime, and Zoom)

Personal Contract:

Date:

Name:

Missing or rescheduling sessions is strongly discouraged. Please remember that not completing, or partially completing your assignments is not a reason to reschedule. If assignments are not complete, we will work together during your scheduled session to strategize, overcome obstacles, and establish next steps.

Cancellation of an appointment must be done 24 hours or more prior to the original appointment. There will be no refunds for cancellations within a 24 hour period and no refunds for missed appointments.

Personal Contract:

By signing this contract I, _____, am committing to participate actively in the coaching activities provided by Rebecca Thomas (The EnerChi Architect). I acknowledge that while the sessions will provide me structure, guidance, and support, the effects of this work will greatly depend on the effort I put into applying the things we discuss, and will be the sole responsibility of myself.

As the client I understand that I am striving to improve myself. I promise to give myself the permission and grace through this process to feel my feelings, and to know that despite any hurdles I will persevere to the best of my ability. I will also strive to see that even when I am working on loving more things about myself, I will try to remember it is those things that contribute to my uniqueness, beauty, and relatability.

I acknowledge that self-love, forgiveness, and self-awareness are important, and will aspire not to compare myself to others, or their journeys. I have everything I need, within myself. I will surround myself with the support, love, and understanding that I need and/or want.

I have read and understand all the promises I am committing to, for myself.

Signed :

Dated :

Disclaimer:

So, here's the deal. You're amazing. And we'll talk more about that. But ultimately YOU are responsible for the decisions, choices, and actions that will create the shift you're looking for. Wonderful things like free will, intuition, and gut instincts are a part of you. And you will use those things as we go through this journey. I'll be here to guide, support, and empower you. But I need you to know that by securing my services and viewing my content, you acknowledge that I'm not liable or responsible for making these things happen.

Thanks Babe! Xoxo

Signed:

Dated:

6-12 months packages (to be filled out after 1 month):

Please list any personal changes you would like to see in the following areas:

Family

Finances

Career/Profession

Personal Character

Relationships

Friends

Living Space/Home/Surroundings

Personal Growth

Health

Self-Care

Leisure Time/Pleasure

Intake Form:

What are the biggest changes you want to make in your life while we're working together?

What do you most want in your life?

What do you believe is keeping you from reaching the stated goals?

What have been your 2 greatest accomplishments to date?

What do you expect to achieve in life as a result of hiring me as your life coach?

Are you committed to meeting these goals?

Do you recognize the difference between "WANT" and "WILLING", especially as it applies to pursuing your goals? (YES or NO question)

What is the hardest thing in your life that you have had to overcome?

What are your top 5 Personal Strengths?

What do you consider Self-Care?

Can you list three ways you practice Self-Care? If so, please list them.

Do you have at least one or two people in your life that know you are working with a life coach AND that you are comfortable going to for support without judgement? (YES or NO question)

What do you enjoy doing?

What helps you relax?

When are you most happy?

When was the last time you experienced happiness?

Is there anything else you would like to share with me?

If we never saw each other again, what would you really like me to know about who you really are?

On a scale of 1 to 10, with 1 being low and 10 being high, rate the quality of your life at present.

On a scale of 1 to 10, with 1 being low and 10 being high, rate the amount of stress in your life at present.