

## Coaching Questions from Jan Silvius

Thank you for contacting me for coaching! In our sessions, we will seek to discover God's plan for you through the use of powerful questions, intensive listening and respect for your free-will. My goal is to lead you to make the choices needed to move to the next level of your life.

Please answer and return the following questions before our first session. It will help the coaching process get off to a quicker, smoother start.

1. Please write one paragraph about your family of origin.
2. Please state the issue about which you would like to be coached. What is the most challenging part of this issue for you?
3. What do you want to see happen in your coaching?
4. What are your expectations for yourself?
5. What are your expectations for me as your coach?
6. What dates will you be available for your first coaching session?

# The Center for Mind-Body Medicine

## Jan Silvius, Life Coach

7030 Lee Highway Suite 201

Chattanooga, Tn. 37421

423 553 9995

*“A change of perspective can change your life.”*

Name: \_\_\_\_\_

City: \_\_\_\_\_ ST \_\_\_\_\_

Phone: \_\_\_\_\_ Skype: \_\_\_\_\_

Email: \_\_\_\_\_

*I agree to payment of \$120.00 for a 90 minute coaching session, due at the end of the session.*

\_\_\_\_\_ *In-office coaching is payable by cash, check, or credit card.*

\_\_\_\_\_ *Phone, Skype or Face Time coaching is payable by check or PayPal*

## Coaching Agreement

I understand that coaching is not psychotherapy.

I agree to be responsible for my own choices and decisions during our coaching work together.

I understand that life coaching is a comprehensive process that may involve all areas of my life, including work, finances, health, relationships, education and recreation. I acknowledge that deciding how to handle these issues and implement my choices is exclusively my choice and responsibility.

I understand that I must consult with any psychotherapist I may currently be working with regarding the advisability of working with a life coach at this time.

I understand that information will be held confidential unless I state otherwise, in writing, as required by law.

I have read and agree to the above:

Name \_\_\_\_\_ Date \_\_\_\_\_