MindfulGuidance – Coaching Interest Inventory

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Thank you for your interest! I look forward to assisting you in your personal growth, healing and expansion of wellbeing on all levels.

What do you wish to experience more of in your life and/or way of being?

What kinds of support do want from me to help you generate personal momentum and a fuller experience and expression of your values, essence, gifts and talents?

Star boxes at left mark most important supports.

*Plus (check as many as you wish – * star the most important)*

☐ ☐ Soul-attuned conversations
☐ ☐ Powerful reflective questions
☐ ☐ Distance energy work/healing assist
☐ ☐ Practical tools for working with difficult emotions
☐ ☐ Strategies to help access personal guidance, intuition, connection to Spirit
☐ ☐ Being seen, felt, and deeply heard with compassion and delight
☐ ☐ Being held accountable for steps that feel a bit scary or overwhelming to take
☐ ☐ Guided practices tailored to your needs/interests – mindfulness, breathing, meditative, journaling, mind-body inquiry, downloads, healing visualizations, etc.
☐ ☐ Wide-angle lens assessments to help identify areas of focus you are ready to change
☐ ☐ Being gently challenged to move beyond your comfort zone
☐ ☐ Cultivating more openness and receptivity
☐ ☐ Building greater trust in yourself and your perceptions
☐ ☐ Increasing self-compassion, self-acceptance, self-love
☐ ☐ Stepping into more of a soul-based leadership role
☐ ☐ Learning to lean into adversity and become energized by stress
☐ ☐ Learning how to calm and soothe an overworked nervous system
☐ ☐ Learning how to master your energy field – to prevent drain, strain, burnout, and fatigue
☐ ☐ Other:

How able are you to make time to focus on yourself and your needs?

What challenges are you currently facing?

How ready/willing/able are you to invest in your development, despite the challenges, and make your personal growth and satisfaction a priority? (ex. 50%, 75%, 90%)

How often would you ideally like to meet - ☐ twice weekly
☐ weekly ☐ twice monthly ☐ monthly What format: ☐ phone ☐ video ☐ in-person

Please share your vision for outcomes from our coaching alliance within the next 6 months:

Please identify which approach would best work for your time and budget:
☐ Single sessions on-demand at $136/hr, $150/75 mins, or $175/90 mins.

☐ 8 pre-paid 75 min.+1 90 min session spread out over 3 months at $1225 ($150 off)

☐ 11 pre-paid 75 min.+ 1 90 min session spread out over 3 months at $1625 ($200 off)

☐ 6-month pre-paid package with 16 x 75 min+ 2 90 min. sessions at $2425 ($325 off)

☐ An online coaching group with 5 – 7 others, meeting 90 mins/wk for 12 weeks at $997

Name_____ Phone: _____
Email: _____
Address: _____
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DOB: _____ Best days M T W Th F Sa ams/afternoons/eve