

Name \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_  
Zip \_\_\_\_\_ Email address \_\_\_\_\_  
Phone Number to be reached \_\_\_\_\_  
Emergency contact and number \_\_\_\_\_

## How Do **YOU** Want To Spend Your Time?

To get the most out of each coaching sessions, take a quiet moment to consider how you want to use your time with me during our session. Approximately 24 hours prior to our session, please email the answers to these questions and any other information you'd like to share:

1. What is your agenda for today's session?
2. What feelings, breakthroughs, insights or transformed beliefs have you had since we last spoke?
3. What are the biggest personal or professional concerns you are facing now?
4. What have you accomplished since the last call regarding your current projects or goals?
5. What action (if any) are you ready to take now?

Is there any other feedback you want to give me?



*Allow me to "empower" you to find your path.*  
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