

Prequestionnaire and Agreements

First Name

Last name

Date of Birth

Gender

Address

E- mail

Telephone

SS#

TWO Emergency contacts please.

Please list three things you like/ love about yourself?

Tell me three things you would like to accomplish by being coached?

What would be the most important thing you would like to achieve in coaching?

What is holding you back?

The Four Agreements of Coaching

Before we continue, I would like to set some ground rules in form of agreements so we cover any expectation you may have from each other and I would ask you later, if there is anything you want to add and to be open to share that with me.

The first agreement is Safety and Confidentiality and I want you to know that this will be a safe space meaning that everything you and I share with each other stays between us so you can be yourself in any way and speak the truth and be open. The only time I will break it if I feel that you are in any kind of danger.

Sounds good so far? (Initial here:)

All the agreements intertwine which is already part of the next one which is that you and I play it full out and I be here for you in our time, fully supporting you and you do not have to hold back even being vulnerable, going all out and stepping out of your comfort zone, I be with you at that time. (Initial here:)

How does that sound so far?

I want to make you aware that naming our third agreement, you are fully in control, which means you are in the driver's seat going in your direction and letting me know if we are going to slow or fast and where you need to hit the break to step out of the seat and breath and see yourself standing. (Initial here)

I so appreciate that you give me the opportunity to coach you to become your Best.

Everything can be talked about, and I hear you and believe you fully. I am here so you can find your strength you already have. It is such an honor to be part of that journey with you And I would love to ask you one more agreement, so far so good?

Awesome and again it is my privilege, and I will ask your permission to coach you and help you with listening deeply and asking the right questions to support you to find your best of you and the happiest version of yourself. (Initial Here.)

Does everything make sense to you?

How are you feeling about the agreements and is there anything that you wish to add as an agreement or any clarification you need? Later we can always modify a discussion if you feel you need an agreement regarding a subject that may have come up, I am up to it.

Please sign Agreements

Coaches Signature

Date

Date

NURSE
COACHING