

Linda F. Anders
Life and Relationship Coaching
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Board Certified Coach, cce-global - #367
Certified Personal and Professional Coach, CPPM with Newfield Network, Inc.
Certified Intuitive Healer, CIH with Stillpoint Foundation
Graduate with Evolving Wisdom – Calling in the One/Conscious Uncoupling/Feminine Power
Graduate of PAX programs with understandingmen.com/Alison Armstrong

Rates: \$125.00 /HR or \$460.00 / 4 Session Package

Please fill out prior to the first meeting.

Client Information

Date: _____ DOB: _____
Name: _____
Address: _____

Email: _____
Cell phone: _____ Home phone: _____
~~Emergency~~ Contact: _____
Home Number: _____ Cell: _____
E-Mail: _____

Have you had any past experience with coaching? _____
Was it supportive and if not, why?

Are you currently married, separated, divorced, single?

Are you currently working with a therapist?

Are you on any medications at this time? If so, please list them...

It is often helpful to answer a few questions prior to the first coaching conversation to help you clarify your concerns and put context to our first session.

A. What results would you like to create with the help of this counseling/coaching relationship?

B. How will you know that you have succeeded?

C. What mood best describes your day-to-day attitude in life at this time?

- I feel...resentment/anger
- I am resigned (there is nothing I can do so therefore, I'll do nothing)
- I accept what I cannot change and am at peace with it
- I feel ambitious and want to take on new action in my life.

D. What do you feel sabotages your efforts to feel happy and fulfilled?

E. What emotions re-visit you over and over? For example: Do you often find yourself feeling... fulfilled, happy, lonely, confused, sad, hurt, resentful, angry, other_____?

F. If you were to answer the following questions, how would you describe yourself, how you view others, and how you view life in general?

I am _____

Other's are _____

Life is _____

To assist our first conversation, please check off the areas you want to work on:

- Clarify what is missing in your life and relationships
- Learn why you feel the way I do
- Sort facts from possible misconstrued perceptions
- Learn how to communicate clearly using conversation models
- Learn how to shift your moods and manage stress
- Understand the highs and lows of my emotions and how to recover
- Recover lost self-esteem
- Listen to my inner knowing
- Hear what my heart is telling me

- Learn how to communicate effectively with conversation models to make requests, form new agreements, apologize, and clarify.
- Express my emotions pro-actively (learn to use my voice)
- Learn to set boundaries
- Learn to say YES to what matters and NO to the things that will add stress
- Build trust
- Understand how to use the "Law of Attraction"
- Discern difference between negative and positive thinking
- Learn to use my body dispositions to assist communication
(Determination, Stability, Openness, Flexibility, and Centering)