



Client Data

Please complete these forms and bring either fax or mail them back to me prior to our first call or fill them out in our first in person appointment.

Name:

Address:

City:

Province/State:

Postal/Zip:

RES/Bus. Phone:

Cell phone:

Email:

Occupation:

Birthday MO./Day

Referred by:

Coaching Start Date

If you want to pay by c.c

Master Card/Visa # _____

Expiration Date _____ **CODE** _____

Coaching Alliance Agreement

Please sign this agreement and either bring it with you, or fax or email the agreement back to me prior to our first call or sign it at our first session:

Introductory Session \$100 _____

Then either pay \$150 per hour, \$115 for 45 minute session or please check the plan you selected:

I will pay per hour._____. I will pay for a 45 minute session_____.

I have selected Plan A4: 4 Sessions \$540. Fee includes four one hour calls or in person sessions, CDs and handouts as needed. _____.

I have selected Plan A10: 10 Sessions \$1200. Fee includes ten one hour calls or in person sessions, CDs and handouts as needed. _____.

I have selected Plan B4: 4 Sessions \$420. Fee includes four 45 mins calls or in person sessions, CDs and handouts as needed._____.

I have selected Plan B10: 10 Sessions \$920 Fee includes ten 45 mins calls or in person sessions, CDs and handouts as needed._____.

The fee is paid the first session.

I _____(print name) agree to employ Zoilita Grant at the fee indicated above for the purpose of coaching me on my personal and professional goals. I further agree to the following:

1. I take personal responsibility for the results of my coaching experience.
2. I realize that my commitment is essential to my success.
3. I agree to give 24 hours notice for any change or cancellation of sessions. I understand that I will be charged for any missed sessions if I do not give this notice.

4. I will call or visit my coach on time. I understand that if I am more than 15 minutes late for a call or session my coach will assume I will not be calling and will charge for the call or session.
5. I understand that the purpose of my sessions with my coach is to assist me in goals related to my business/career/personal development.
6. I understand that although my coach is a trained psychotherapist, she will not be acting in the role of counselor, hypnotherapist or psychotherapist during our coaching sessions. She is exclusively a coach. I further understand that coaching does not take the place of psychotherapy.
7. I give my coach permission to be honest, direct, supportive, and to challenge me.
8. I understand and agree that I am fully responsible for my well being, including my choices and decisions. I understand that I am always free to reject any advice, suggestions or requests made by my coach at any time.
9. I understand that my coach will honor my confidentiality unless required by law to disclose information about me.
10. I understand that coaching is not to be used in lieu of professional advice for psychological, legal, financial, medical, tax, or other matters normally handled by other professionals.

We may find in our work together that it is beneficial for you to learn and use hypnosis. We will use hypnosis to help you improve your focus, create positive mindset and attitudes, improve skills and abilities, and reinforce habits and behaviors.

We will not use hypnosis to lift repression, uncover memories, encourage abreaction's (the re-experiencing of a previous emotional event) and dreaming (in terms of affective experiencing), enhance both motivation and a working alliance, or to activate a rapid transference reaction.

We will not use hypnosis as deepening of a normal psychophysiological phenomenon through an intense focusing of attention upon a specific inner or outer stimulus. That is hypnotherapy. If we discover that is what you are in need of, I will refer you to a hypnotherapist.

Date of Agreement: _____

Client Signature: _____

Life and Business Coach: Zoilita Grant MS. MCHC.

GOALS SHEET

List at least 3-5 goals that you want to achieve:

1.

2.

3.

4.

5.

Anything else that you want to say: