



DOC PRATT MINISTRIES

Hebrews 12:12-13

Welcome, _____

I am so glad you reached out, and I'm looking forward to getting together! As promised, here is some information about what to expect.

'Coach Amy' is a division of Doc Pratt Ministries, a faith-based nonprofit dedicated to building community and training in our original curriculum, The Six Dimensions of Health & Wellness.

Coaching is unique among the behavioral health sciences, as it is client-driven. Coach Amy uses a non-directing communication style to deepen a client's thinking, empowering you as the client to find your own solutions and to act. Coaching assumes you are fully capable and supports you with accountability, resources, techniques, and encouragement.

As the client, you are encouraged to bring your desired goals and topics to the sessions, and if you are not sure where to start, Part One below may help. Part Two asks how I can serve you best through coaching. Part Three goes over coaching procedures and agreement, and Part Four is client-specific information, including our first session date, time, and venue.

If you have any questions, don't hesitate to call/text me at (330)962-2564 or email me at CoachAmyPratt@gmail.com.

See you soon!

Coach Amy



330-962-2564



DocPrattMinistries.org



DocPrattMinistries@gmail.com

NEW CLIENT INTAKE & AGREEMENT

PART ONE: Assessing The Six Dimensions of Health & Wellness

The following assessment is a suggested, *not required*, coaching tool to evaluate your overall health and wellness and can be used to evaluate progress through the sessions. As always, you are welcome to use this tool to find ideas for goal setting or prepare your own ideas for the sessions.

- Emotional Wellness: Knowing your unique identity and value frees you to focus your efforts, bringing peace and joy to everyday life. Personality profiles, gifts, and skills assessments help to indicate the most effective path. Who inspires you? Who are you inspiring? Emotional wellness includes developing the skill of identifying and defining emotions (indicators) to use that information for overall health. Gratitude, reflection, the proper life balance of work, play, and rest are paramount to Emotional Wellness. Topics such as body language, learning to identify and define emotions, creating space, and stress management are important.
- Mental Habits: Structuring habits and optimizing your environment automates mental wellness and balance in life. Purposeful mental habits work against problems such as decision fatigue, exhaustion, and stress by effectively arranging the timing and order of tasks, and by setting a few, tiny changes at a time which strengthen your identity. The importance of feeding your brain is emphasized to continue to grow and work against an aging neural network. Once Emotional Wellness has been addressed, Mental Habits give the framework to wellness in all six dimensions.
- Physical Health: We can't pick our genes, but we can greatly improve our health with good lifestyle choices such as exercise, good nutrition, enough rest and quality sleep, appropriate medical care, and avoidance of unsafe behaviors and vices. Creating a healthy physical environment provides the things we need and doesn't have those things we don't. Setting goals and working with a coach facilitates higher levels of physical wellness through accountability, insight, and resources. This dimension looks into genetic predisposition, a healthy view of food and exercise, and incorporating a holistic approach to overall health and wellness.



NEW CLIENT INTAKE & AGREEMENT

PART ONE: Continued

· Vocational Wellness: Aligning your passion and abilities to serve a greater calling results in increased self-confidence and sense of purpose. Vocation is much more than how a person earns a living. At the highest level of wellness, it's knowing your God-given identity, living in your passion and calling, and using your gifts and skills in the most effective environment. The DiSC profile and Clifton's Strengths assessments give insight into your functionality within your community and society as a whole. You have been made on purpose, for a purpose, and we all need you to do what you do best!

· Social Wellness: Creating and maintaining healthy relationships enhances a sense of belonging and connectedness. Healthy, reliable, active relationships are at the core of social wellness, and learning about effective communication, love languages, and cultural identities reinforce quality relationship with the social groups you are in. What connections need pruning? Which ones need attention and encouragement? Is there enough variety? Boundaries and unique functionality are considered for each relationship.

· Financial Wellness: Establishing healthy financial habits ensures financial wellness throughout a lifetime. Worry-free finances begin with an intentional, balanced money-plan and in focusing on contentment, gratitude, and generosity. Have you taken the time to dream about long-term goals? Do you have margin in your finances and plans for when the inevitable emergency happens? Financial wellness is as much about planning out the life you want to live as it is mapping out a monthly money plan.

Think about each of The Six Dimensions above and assign a level:

- 1 – Desert. Extremely lacking, requiring immediate attention and effort.
- 2 – Overgrown/Malnourished/Neglected. Some pruning needed, some intentional care needed.
- 3 – Surviving. Doing well enough but could do better.
- 4 – Thriving. No room for improvement here, needs a plan for maintenance.

What are your top three coaching goals?



NEW CLIENT INTAKE & AGREEMENT

PART TWO: Laying the Foundation for Coaching

1- What are some things you want me to know about you?

2- What do you want to get from the coaching relationship?

3- What is the best way for me to coach you most effectively?

4- What else?



330-962-2564



DocPrattMinistries.org



DocPrattMinistries@gmail.com

NEW CLIENT INTAKE & AGREEMENT

PART THREE: Coaching Procedures and Agreement

- Coaching conversations are confidential, and Coach Amy will not share our discussion with others without specific permission. The only exception to this is any illegal harm intentionally done to other people.
- Coaching is not to be used in lieu of professional advice in legal, medical, financial, business, or clinical therapist matters.
- Clients are fully responsible for their choices and decisions and may discontinue coaching at any time.
- Virtual coaching sessions use either Zoom, Google Meet, or iPhone FaceTime. The Zoom or Google Meet link will be texted and emailed to you within 48 hours of your scheduled session. If we choose to use FaceTime, I will call you at the time of our session.
- If possible, please give at least 24 hours of notice if you need to reschedule.

60-minute sessions are \$149 and due before each session.

- by check to Doc Pratt Ministries

3606 Homewood Ave.

Cuyahoga Falls, OH 44221

- by Zelle on [DocPrattMinistries.org](https://www.docprattministries.org)

- through [DocPrattMinistries.org](https://www.docprattministries.org) (3% fee added)

Note: There are NO refunds for services.



330-962-2564



[DocPrattMinistries.org](https://www.docprattministries.org)



DocPrattMinistries@gmail.com

NEW CLIENT INTAKE & AGREEMENT

PART FOUR: Client Specific Information

Client(s): _____

Preferred email: _____

Preferred phone: _____

Sessions are \$149 for 60 minutes, up to 90 minutes maximum.

Payment is due before each session. See Part Three for details.

Our first session:



330-962-2564



DocPrattMinistries.org



DocPrattMinistries@gmail.com