



Intake Session Form

Welcome to I Am Chogo LLC where we focus on Cultivating Holistic Outcomes Goals and Objectives through Coaching and Consulting for Individual and Organizational Development. We are focused on creating an environment of growth and maximizing your potential. These are provided through your choice of Individual Sessions, Group Session or Event Speaker. For service agreement please complete for below and review goal plan as discussed during our initial consultation.

Client Name:

Email:

Telephone:

Date:

Type of Service:

Individual

1 One-hour session \$100.00

3 One-hour sessions \$200.00

6 One-hour sessions \$375.00

Other packages available & customizable

Group/Workshops (Rates are contingent upon group size. Minimum \$250.00)

Event Speaker (Rates are contingent upon contract agreement)

Fees: There is a \$25.00 deposit due prior to our initial meeting. Payment Plans are available.

Schedule: The session dates will be agreed upon and planned in advance.

Client Initial Consultation Plan

Client has indicated that she needs Academic Coaching. Client focus areas have been identified in this Career development plan and initial required action steps. Additional action steps will be ongoing per coaching sessions.

Focus Areas:

- 1.
- 2.
- 3.

Action Steps

This agreement is between _____ and I Am Chogo LLC, I Am Chogo LLC agrees to provide **the agreed upon service**. Sessions will be conducted over phone, zoom or in person. Client will have weekly or bi-weekly assignments. Client understands that coaching is a professional-client relationship, all information will remain confidential and will only be shared by client consent, unless client discloses personal injury or harm to self or others; I Am Chogo LLC will then be responsible to report such known potential harm to authorities. Client understands that coaching does not involve diagnosis or treatment for mental disorders and is not a substitution for psychotherapy or counseling. Coaching is a self-paced process and results are solely based on client decision making process and accountability. Client is responsible for result and outcomes.

Client Signature: _____ Date: _____

Coach Signature: _____ Date: _____