



## COACHING AGREEMENT

### Personal Information:

Full Name:

Start Date:

Mailing Address:

Phone #: with area code

Email:

Monthly Rate: \$50 per hour

Length of commitment: 3 months minimum

Company Name: Click or tap here to enter text.

Title/Position/ Occupation: Click or tap here to enter text.

Birthday:

Other Information:

A Natural Connection

Ellijay, Georgia

Website: [anaturalconnectioncoaching.com](http://anaturalconnectioncoaching.com)

Email: [amanda@anaturalconnectioncoaching.com](mailto:amanda@anaturalconnectioncoaching.com)



## CONNECTION ASSESSMENT

- **Please read and complete the NATURAL CONNECTION Assessment.** We will review it together and answer any of your questions about it in our first session. This is a powerful tool for strengthening your personal foundation and creating more ease, energy, and joy in your life and your partnerships.
- **Please answer the questions below as a way for me to get to know you and help us design a strong coaching partnership.** Use as much space as you want. If you do not know the answer to any of the questions, just leave it blank and will discuss it.
- **Please get a coaching journal/notebook.** If you do not already have one.

1. From our conversation in the complimentary session, please write your coaching objectives. What is most important to you to accomplish in the next 6 months?

2. What do you foresee is the largest challenge you will face in accomplishing what you want? What stops or blocks you?

What has stopped you in the past?

What recurring patterns have you noticed?

Lightening Rod Attraction: What kinds of problems or crises do you keep attracting?

3. How can we best partner in growing past this?

4. What motivates you? How can we best utilize that motivator now?

5. What gives you energy and lights you up? Include the kinds of things, past and present that you love to do, that you enjoy and that perk you up even when you are feeling down or tired. List as many things as you can think of, now and in the past.

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6. Tell me about your strengths and talents and personal traits that are assets for you. In other words, what do you have going for you? This is your brilliance! Do not be shy here - we will want to build on your foundation.

7. What do you see as your role in the coaching process?

8. What do you see as my role in the coaching process?

9. What will be the first small thing that might happen to indicate the coaching process is working?

10. What major transitions have you had in the past two years (i.e. entering or approaching a new decade, a new relationship, a new job, a new role, a new residence, change in children's ages/stages, etc.)?

12. What are you currently tolerating in your life?

13. What makes you feel loved and cared for?

14. What does "Intimacy" mean to you? And do you have that now?

15. List improvements you would like to make in the following areas:

Family/home life:

Financial  
situation:

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Spiritual:

Fun time:

Self-care:

Learning:

Career:

16. What are you most passionate about?

17. What would you like me to do if you get behind on your goals?

18. How are you best motivated?

19. What are a few things you normally do not tell people, that your coach needs to know?

Thank you for completing this information. It will act as the foundation of our work together and once the foundation is in place, anything and everything is possible. Here is to you and all that you are ready to create!

**Now, all we need to get started is:**

1. Electronically Sign and email the coaches agreement and assessment to [amanda@anaturalconnectioncoaching.com](mailto:amanda@anaturalconnectioncoaching.com)
2. Begin creating the life of your dreams!

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