

# Awakening Life Coaching

## Client Intake Form

Please provide the following information.

Please print out this form and bring it to your first session or allow yourself 15 minutes prior to your appointment to complete the form before your meeting.

**Date:** \_\_\_\_\_

**Name:** \_\_\_\_\_  
(First) (Last) (Middle Initial)

**Name of parent/guardian (if you are a minor):** \_\_\_\_\_  
(First) (Last) (Middle Initial)

**Birth Date:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_ **Age:** \_\_\_\_ **Gender:**  Male  Female

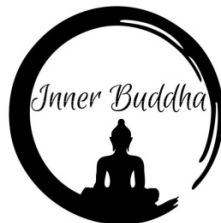
**Address:** \_\_\_\_\_  
(Street and Number) (City) (State) (Zip)

**Cell/Day Time Phone:** (\_\_\_\_\_) \_\_\_\_\_  
May we leave a Voice Message?  Yes  No

**E-mail:** \_\_\_\_\_  
May we email you?  Yes  No

**Marital Status:**  
 Never Married  Partnered  Married  Separated  Divorced  Widowed  
If married, name of spouse: \_\_\_\_\_

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# Awakening Life Coaching

## Getting to know you better

What are your 3 biggest triggers? (What really stresses you out?)

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On a scale of 1 to 10 (10 as high), rate:

The quality of your life	_____
Your physical health	_____
Your emotional well-being	_____
Your amount of daily stress	_____
Your desire to learn new things	_____
Your belief that anything is possible	_____
Willingness to commit to change	_____

What have been your biggest struggles in the last 3 years? (Point form)

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What do you want to change the most?

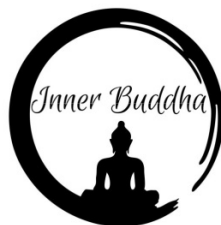
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What are some habits that you would like to change?

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What are some issues, you have noticed in your life that keep repeating? (Point form)  
(example; failed relationships, getting fired, fits of anger, self-sabotage, ect.)

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What would success look like for you? What would make you say, " I finally made it!" What would your life look like?

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What results are you seeking from working with Tricia Schinkel? What is your desired outcome?

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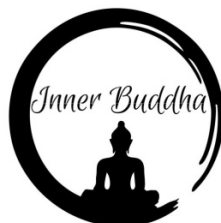
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# Awakening Life Coaching

## Coaching Agreement

### The Company's Commitment

- 1.1 Inner Buddha will provide the Awakening Life Coaching Services through the Emotional Wellness Coach, Tricia Schinkel.
- 1.2 Inner Buddha will provide Awakening Life Coaching Services that is a professional client relationship designed to facilitate the creation and development of personal, professional or business goals and to develop and carry out a strategy plan for moving forward to those goals.
- 1.3 Emails are welcome between sessions if you would like to share a success, have urgent questions or issues.

### Client Commitment

- 2.1 I \_\_\_\_\_ agree to pay Inner Buddha the Fees as  
(print name above)  
set out in this Agreement, as per the invoice of services.
- 2.2 I agree to call or meet (online) the Emotional Wellness Coach, Tricia Schinkel, at the specified times, as agreed to by email or by phone.
- 2.3 I agree to be honest and open, to believe in myself and adopt a more enthusiastic and positive outlook on life from this moment forward. I am truly committed to change and agree to take responsibility for my own life choices and actions.

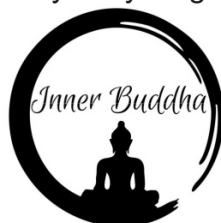
### Coaching

- 3.1 I am entering into this Agreement with the full understanding that I am solely responsible for creating my own results. I understand that failure to meet my goals (in whole or in part) cannot be guaranteed and no warranties are given.
- 3.2 I am aware that coaching is NOT counselling, psychotherapy, or any other form of mental health care treatment or therapy, nor is it to be used as a substitute for professional advice by legal, medical, financial, business or other qualified professionals.
- 3.3 If appropriate, I will seek independent professional guidance in the areas indicated in section 3.2 and I understand that all decisions and actions in these areas are solely my responsibility.

### My Personal Agenda

- 4.1 The Session Agenda belongs to me. If the agenda is not heading in the direction I would like, If the Emotional Wellness Coach says anything I do not feel comfortable with, or if I

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have any concerns with the way the sessions are proceeding I will let the Awakening Life Coach know immediately.

## Confidentiality

5.1 Any notes the Emotional Wellness Coach makes during the Sessions or about me are kept confidential.

5.2 The Emotional Wellness Coach will not use or disclose the information I share with them during my sessions, except as authorized by consultation purposes with any other Coaching Professionals. My identity and any information that could lead to my identification will remain entirely confidential.

## Administration

6.1 The Awakening Life Coaching Series may be refused if payment has not been made as required by this Agreement.

6.2 Where it is necessary for either Me or my Emotional Wellness Coach to reschedule a Session this will be done by email or by phone at least 24 Hours prior to the scheduled session.

6.3 I will be charged for any missed sessions which are not rescheduled in accordance with this agreement except in exceptional circumstances ( at the Emotional Wellness Coach's discretion)

6.4 If I am late for a session, the session will complete at the scheduled time.

## Termination of Services

7.1 I or Inner Buddha may cancel this Agreement in writing (email or letter), giving at least 7 clear days' notice. In the event that I may owe money to Inner buddha at the time of cancellation, full payment will become due at the time of cancellation.

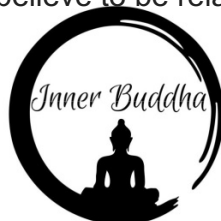
7.2 In the unlikely event that this Agreement is canceled before all the sessions I have paid for have been provided, the company Inner Buddha will refund me for any sessions I have paid for but which the company, Inner Buddha, have not provided at the rate of **\$500.00CAD** per person for 4 sessions, unless I purchased at a discounted rate. Inner buddha would then refund the discounted rate that I have paid for the sessions.

7.3 Upon Termination of this Agreement the company, Inner Buddha, shall immediately cease to be liable to you in respect to the Awakening Life Coaching Sessions.

## General

8.1 In the event of I, Myself choosing to feel mental, physical or emotional distress (or related ailment or condition) which I believe to be related to either directly or indirectly to the

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# Awakening Life Coaching

Awakening Life Coaching Services I will not hold Inner Buddha or Tricia Schinkel liable for any loss or the cost incurred by me ( or any other person related to me).

8.2 Except as expressly set out in this Agreement the company, Inner Buddha, will have no liability to you. This Agreement reflects the entire agreement and understanding between myself and the company Inner Buddha regarding the matters in this Agreement.

## Refusal of Services

9.1 I agree I will make every effort to ensure I am at my peak mental, physical and emotional state for each session.

9.2 I understand that Sessions will be refused, and not refunded, if I appear to be under the influence of drugs or alcohol at time of a scheduled Session, under the discretion of the Awakening Coach.

## Additional Details for Awakening Life Coaching to be successful as possible:

- My intent to change and desire for change will be serious.
- I am ready to work and receive feedback. I am willing to try new ways of learning, be honest and open, keep to my commitments and inform my Emotional Wellness Coach immediately when things are not working for me.
- I am willing to explore, challenge and change thoughts, feelings and actions that I recognize as self-defeating.
- I understand Inner Buddha's coach, Tricia Schinkel, will be focused on me and my best interests as a whole and not just my goals.
- I am willing to give the Emotional Wellness Coach, Tricia Schinkel, the benefit of the doubt and wholeheartedly try new concepts or different ways of doing/approaching things.
- I recognize the value and the worth of myself and the investment I am making in my personal development.
- I understand the need to plan the relationship ending in advance to allow for a degree of closure and wrap-up.

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Client Print Name

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Client Signature

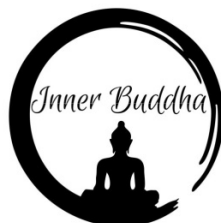
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Date

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Awakening Life Coach Signature

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