



Coaching Session Application Form

Thank you for your interest in coaching services with Golden Nuggets, LLC. Please complete this form thoroughly to help us understand your needs and determine how we can best support you.

PERSONAL INFORMATION

- **Full Name:** _____
- **Date of Birth:** _____
- **Phone Number:** _____
- **Email Address:** _____
- **Mailing Address:** _____
- **Emergency Contact Name:** _____
- **Emergency Contact Phone Number:** _____

COACHING NEEDS & GOALS

1. **What areas of your life do you seek coaching in?** (Check all that apply)
 - ☐ Personal Development
 - ☐ Health & Wellness
 - ☐ Career Growth
 - ☐ Stress Management
 - ☐ Trauma Recovery
 - ☐ Spiritual Growth
 - ☐ Other (Please specify): _____
2. **Briefly describe the specific challenges you are currently facing and what you hope to achieve through coaching:**

3. **Have you previously worked with a coach, counselor, or therapist?**
 - ☐ Yes
 - ☐ NoIf yes, what was your experience like? _____



AVAILABILITY, PREFERENCES & PRICING

4. Preferred Coaching Format:

- ☐ In-Person
- ☐ Virtual (Zoom, Google Meet, etc.)
- ☐ Phone Call
- ☐ Other: _____

5. Preferred Session Length & Pricing:

- ☐ 30 minutes - \$50.00
- ☐ 60 minutes - \$100.00
- ☐ 90 minutes - \$150.00

6. Preferred Days and Times for Sessions (please provide multiple options):

ADDITIONAL INFORMATION

7. How did you hear about Golden Nuggets, LLC coaching services?

- ☐ Website
- ☐ Social Media
- ☐ Referral
- ☐ Event/Workshop
- ☐ Other: _____

8. Are there any accommodations or special considerations we should be aware of to better serve you?

AGREEMENT & SIGNATURE

I understand that coaching is a collaborative process focused on personal and professional growth. I acknowledge that coaching is not a substitute for therapy or medical treatment. I commit to actively participating in the coaching process and taking responsibility for my personal development.

Signature: _____

Date: _____

Thank you for completing this application. Our team will review your submission and reach out to discuss the next steps. If you have any questions, please contact us at: estar@goldennuggetsllc.com.