

8-Week Cognitive Behavioral Coaching Program Application

Personal Information:

****Full Name:****

****Date of Birth:****

****Gender:****

****Email Address:****

****Phone Number:****

****Address:****

Program Objectives:

****Please briefly describe why you are interested in joining the "Think Your Way Well!" 8-week Cognitive Behavioral Coaching program and what specific goals or outcomes you hope to achieve:****

Current Challenges:

****Identify any specific challenges, issues, or areas of your life where you believe Cognitive Behavioral Coaching can be beneficial:****

Previous Experience:

****Have you participated in any coaching, therapy, or self-improvement programs in the past? If so, please provide details, including the methods or approaches used and outcomes achieved:****

Program Expectations:

****What are your expectations for the "Think Your Way Well!" 8-week Cognitive Behavioral Coaching program? How do you envision this program helping you achieve your goals and overcome challenges?****

Commitment & Availability:

****Are you committed to attending all sessions, completing assigned exercises, and actively participating in the coaching process? Please describe any potential scheduling conflicts or limitations:****

Additional Information:

****Please provide any additional information, concerns, or questions you may have regarding the "Think Your Way Well!" 8-week Cognitive Behavioral Coaching program:****

Acknowledgment & Agreement:

I understand that completing this application does not guarantee acceptance into the "Think Your Way Well!" 8-week Cognitive Behavioral Coaching program. If accepted, I agree to adhere to the program guidelines, maintain confidentiality, and actively participate in the coaching process to achieve my wellness goals.

****Signature:**** _____ ****Date:**** _____

Please review your application carefully, sign and date where indicated, and submit it. Upon receipt, our team will review your application and contact you to discuss the next steps in the enrollment process.

Thank you for your interest in our "Think Your Way Well!" 8-week Cognitive Behavioral Coaching program. We look forward to supporting you on your journey to improved well-being and happiness.

For office use only:

- Application received on: _____

- Reviewed by: _____

- Status: ☐ Accepted ☐ Waitlisted ☐ Declined

- Notes:
