

*Weight-loss & NLP
coaching with Ladan
Soltani*

**COACHING CLIENT
PROFILE**

Welcome to our coaching agreement. I am looking forward to working with you. I have the following coaching materials to assist both of us in getting the most from our relationship.

Please take time to complete these forms and return a copy to me as soon as possible. Thanks.



Contact Information

Name: _____ Date:

Address:

Phone:

Email :

Personal Information

Your Birth Date:

Marital status :

Children - Names and Ages:

Current occupation:

Present Company:

Health Problems/Medications?

What is your current weight?

What is your ideal weight?

Have you worked with a Counselor/Therapist?

If so, when/why?

Favorite Hobbies/Sports/Interests:

Coaching Information

Who Do You Most Admire and Why?

What Are You Most Pleased and Proud of Having Accomplished and Why?

What Are Your Personal and Professional Strengths?

What is Your Passion in Life? What Makes You Happiest/Most Fulfilled? What Do You Offer That Is Unique and/or Excites You?

What Are Your Personal Life Goals for the next 90 Days?

What Motivates You? Why Do You Do What You Do? Personally or Professionally?

List 10 Things That Make You Smile:

What Else Do You Want Me to Know About You?

What Goals Do You Have for This Coaching Relationship?

Coaching Policies and Procedures

Additional Contacts: In addition to the regularly scheduled coach sessions, clients may email or call me. please leave a message and let me know, if you want me to call back. If you send an e-mail and want a quick response, please indicate that in the subject line. Otherwise, I will respond within 24 hours. Please limit the extra phone calls to 5 or 6 minutes.

Confidentiality: All interactions with you are kept strictly confidential. I may occasionally consult my own coach on your behalf, but that is the only exception. If I do, you will not be identified by name. Any other sharing would be with your permission.

Results: You are responsible for producing results and your decisions are your own. My responsibility is to explore with you the opportunities and possibilities available. I will be help coach and will assist you in building the life you want. I will respect your life choices.

Initial Focus of Our Work: _____
