

*Personal Wellness Coaching Interest Form*

Thank you for your interest in Wellness Coaching at the Cooley Center. In order to set up your ideal coaching experience, we ask you to answer a few questions so we can get in contact with you to follow up on your health & wellness goals and coaching aspirations.

Name: \_\_\_\_\_ Email Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

*What are your main areas of improvement? (Select all that apply):*

- Mental
- Emotional
- Physical
- Spiritual
- Other: \_\_\_\_\_
- Family & Relationships
- Career, Performance, & Finance
- Health & Wellness
- Self-Development & Spirituality

*Do you have any mental conditions that require you to meet with other healthcare professionals?*

Yes\_\_\_ No\_\_\_

If Yes, Explain: \_\_\_\_\_

*What is your availability? (Specify times)*

Mon \_\_\_\_\_ Tues \_\_\_\_\_ Wed. \_\_\_\_\_ Thurs \_\_\_\_\_ Fri. \_\_\_\_\_ Sat. \_\_\_\_\_

*How many times would you like to receive coaching per week? \_\_\_\_\_*

*What is your preferred method of coaching? In-person\_\_\_ Video/Virtual\_\_\_ Phone\_\_\_ No Preference\_\_\_*

Sessions*	Package Price	Price Breakdown
<b>1</b>	\$70	
<b>4</b>	\$260	\$65/session
<b>8</b>	\$480	\$60/session

\*Payment for wellness coaching is due in full prior your first session

Date Reviewed: \_\_\_\_\_

Date of Consult: \_\_\_\_\_