



Your Next Move Coaching

What can you expect from your coaching experience?

Your Next Move coaches are committed to helping our clients to:

- ⇒ Clearly identify and articulate their goals
- ⇒ Develop strategies to overcome roadblocks
- ⇒ Identify and eliminate limiting beliefs
- ⇒ Be accountable to their dreams
- ⇒ Step outside of their comfort zones to achieve their goals

Your Next Move coaches believe that true wellness is the result of a healthy body, mind and spirit. They are not counselors, advisors, expert consultants or therapists; rather, they are motivators, objective in their guidance and passionate about seeing their clients succeed. Your coach will provide the support you need to create the life you are meant to live.

A successful coaching experience creates sustainable results, during the coaching process, and for years to come.

Are you ready to make Your Next Move? If so, please complete the attached Coaching Interest Form and we will match you with the coach we think will best meet your needs.

Your Next Move Coaching Interest Form

The questions in this form are designed to help us to understand who you are, and how our coaches can best support you, your goals, and what you want to achieve in your life.

GENERAL INFO

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

Occupation: _____

Marital Status: _____

Children / Ages: _____

Date of Birth: _____

YOUR GOALS

What are the biggest changes you want to make in your life in the next three months?

1. _____

2. _____

3. _____

(continued on next page)

YOUR GOALS (continued)

What are the biggest changes you want to make in your life in the next three years?

1. _____
2. _____
3. _____

What do you see as the biggest obstacles or challenges in making these changes or achieving these goals?

What major transitions have you had in the past two years? (Example: Entering or approaching a different age, a new or different relationship, job role, residence, a change in children's ages/stages, etc.)

Is there anything else you'd like to share?

Your Next Step:

After completing this form, please email to office@movewellness.com (or drop it off at our reception desk). We will contact you within 24 hours to schedule your 30-minute consultation.