



## Coaching Application

Coaching isn't about diagnosing or hashing out your past. Coaches help you identify where you are now, where you'd like to be, what's in the way and how we remove those obstacles. In our work together, first it's about awareness, then it's about the tools to push past blocks in your life, and then it's about partnership together to create a vision of what's next for you to create the life you want. As a coach, I'm going to be offering you invitations and suggestions to step out of your comfort zone. Stepping out of our comfort zone is how we grow. Your success with me depends on your willingness to do that.

Please download and fill out this page and send to me at [nanfosterhealth@gmail.com](mailto:nanfosterhealth@gmail.com).

Name:

Age:

Email:

How you learned about Nan Foster Health:

Describe your health goals:

Why are you ready for coaching now?

Why work with me?

What would it feel like to make this investment in yourself?

Are you available Monday to Friday from 10-5?

On a scale of 1 to 10, 1 being lowest and 10 being highest, please answer each of the following:

How important to you are your health goals? \_\_\_\_\_

How willing are you to change behavior in your life? \_\_\_\_\_

How willing are you to try new things that you've never done before? \_\_\_\_\_

How willing are you to make changes stepping out of your comfort zone? \_\_\_\_\_

Thank you. I will be in touch soon.

Warmly,

Nan