



WELCOME!

I am so pleased that you have chosen to hire me as your coach! I truly look forward to our journey together. Let's keep lines of communication open so that you can have the best experience possible. I have prepared the following material to help us get started.

This paperwork will help us see where you are and where you would like to be. Coaching always focuses on the client's agenda, so how you want to use each session is entirely up to you. However, I encourage you to push yourself in new ways so we can uncover your greatest potential. Don't worry—I am here to help you along that path and I know you will be making significant progress that we can really begin to celebrate together!

The client area of my website is designed so that you can access all the fieldwork and assessments easily, and as a client, I ask that you respect the confidentiality of this material. Also, feel free to modify the materials in whatever ways work best for you.

Please complete the following paperwork prior to our first session: These forms are available in a PDF version in the client area of my website for you to print, complete, and fax back to me at 860-521-8422 OR You can send me an e-mail if you would like to receive any of the forms in Word to enable you to type your responses.

Please complete all assigned assessments and fieldwork on time so that we may make as much progress as we can between sessions. If you are ever struggling with fieldwork, give me a call or send me a quick email so that we can clarify and keep things moving. The first forms that you will need to complete to begin the coaching process are as follows:

- Coaching Agreement: This lays out the foundation of our coaching relationship and discusses logistics and common concerns.
- Coaching Intake Form: This packet helps me get to know you and determine the initial short- and long-term goals we'll want to address in our coaching sessions.
- Free Assessments: "Coaching Wheel" and "Life Maps" (Unlike the Client Only Section, feel free to share these FREE resources with friends and colleagues. Available in the "Free Resources" section of my website <http://www.militaryspousecoach.com>).
- Optional Coaching Prep Form: If you would like, you can fax or e-mail this form to me one day prior to our scheduled session.

While our coaching relationship is extremely confidential, I often share success stories with other clients. If I share something from one of our sessions, I'll never use names or identifying information that would reveal your identity.

My practice fills primarily by referrals, so as we begin our coaching journey, I appreciate you sharing my name with friends and colleagues that you feel would also benefit from coaching.

Warmly,

Krista Wells