



The Fruit of Our Hands Life Coaching Program

We Equip, Inspire, and Encourage One Individual at a Time
Youth and Adult Coaching

Please select your desired coaching program and frequency package.

LIFE AND BUSINESS COACHING FORM

NAME _____

ADDRESS _____

CITY _____ STATE _____

ZIP CODE _____

PHONE _____ BEST TIME TO CALL _____

DO YOU PREFER TEXT CALL

EMAIL ADDRESS _____

EMERGENCY CONTACT

NAME _____ PHONE _____

RELATIONSHIP _____

How did you hear about us? _____

Quality of Life Improvement Coaching: Ensure that you are living your best life by making better decisions about health, stress triggers, self-care, productivity more.

Educational Coaching: Personalized, one-on-one meeting to help you improve your skills and performance by developing skills in time management, goal setting, and test preparation.

Motivation/Inspiration Coaching: We help fuel the “fire” for great performances, outstanding victories, persistence, perseverance, determination and drive. In addition, help you to stay positive while working on your goals. We help you go through life problems by offering encouragement to keep you going.

Identifying and Managing Emotional Triggers Coaching: We help you to learn to recognize your triggers that generate a strong emotional response in your life.

Faith-based Coaching: We help you discover the skills needed to change for the better and give you the confidence and tools to improve interpersonal relationships as well as the ability to engage and create new sustained friendships by loving yourself.

Wellness Coaching: We help to set health goals, whether to lose weight, improve energy, better manage stress, and much more. In addition, we help to bridge the gap between traditional healthcare and enacting sustainable and positive behavioral lifestyle changes.

Please check the desired coaching program below:

Quality of Life Improvement

Educational

Motivation/Inspiration

Identifying and Managing Emotional Triggers

Faith-based

Wellness Coaching

What are you looking to accomplish through coaching? _____

Are there any physical, mental or emotional events that could prevent you from reaching your coaching goals? Describe in detail: _____

Are you currently taking any medication for any ailments, disease or condition? YES NO

If so, what?

How long? _____

Pick your preferred frequency plan:

\$150 ONE 50-MINUTE SESSION SINGLE SESSION

Single sessions are typically used for a very specific and immediate results (for example: getting yourself together to move forward in an immediate goal for your life).

\$400 FOUR 50-MINUTE SESSIONS MONTHLY PACKAGE

Includes: Free 30-minute Planning Session and Individualized Plan.

\$680 EIGHT 50-MINUTE SESSIONS TWO MONTH PACKAGE

EIGHT 50-MINUTE SESSIONS TWO MONTH PACKAGE

Includes: Free 30-minute Planning Session and Individualized Plan.

How soon do you want your initial coaching session to begin?

Less than 30 days

30 days

Less than 60 days

90 days

6 months

You will be contacted within 48 hours of receipt of your request (if request is delivered on the weekend, you will be contacted within 2 business days of receiving your request). Upon completion of your Initial Exploratory Consultation, you will be informed of schedule availability. All appointments are confirmed upon receipt of payment.

HOLD HARMLESS CLAUSE

Client shall indemnify and save harmless The Fruit Of Our Hands, etal., its officers, agents, employees, clients, customers, vendors and volunteers from all claims, suits, or actions of every name, kind, and description, brought for, on on account of: (A) inuries to or death of any person, including Client, or (B) damage to any property of any kind whatsoever and to whomsoever belonging, © any sanctions, penalties, or claims of damages resulting from Vonlunteer’s failure to comply with the requirements set forth in the Health Insurance Portability and Accountability Act of 1996 (HIPAA) and all Federal regulations promulgated thereunder, as amended, or (D) any other loss or cost, including but not limited to that caused by the concurrent active or paaive negligence of The Fruit Of Our Hands, etal., its officers, agents, employees, clients, customers, vendors and volunteers, resulting from any rendered service(s) for which Client has engaged. This indemnification applies to and includes without limitation, the payment of all penalties, fines, judgments, awards, decrees, attorneys’ fees, and related costs or expenses, and any reimbursements to The Fruit Of Our Hands, etal., for all legal fees, expenses and costs incurred by it.

Signature below denotes total adherence to the above referenced clause.

Client Signature

Date

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