Jean Pollack

Life Coaching

Hello

Here are some coaching forms for you to review and bring them with you to our first session. You can email your forms to me prior to our visit if you like.
I look forward to meeting you. Our sessions will be by phone or Tele-sessions. Let me know which you prefer.

Sincerely,

Jean Pollack
Tel: 888-821-2935
or: 717-873-1248

email: jeanpollack@emdrcoach.com

CLIENT DATA

Date Prepared _____

Name:
_____

Company:
_____

Address:
_____

City/State: _____

ZIP _____

Day Phone: _____

Eve: _____

Voice Mail: _____

Fax Line: _____

Date of Birth: _____

Occupation: _____

Nature of Business/Position: _____

Referred By: _____

Notes:
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YOUR LIFE STORY

(Please put in any form you desire and be as creative as you want, i.e. important aspects, accomplishments, highlights, anything that you feel is important for me to know.)

THE FIRST STEP

(Or Cleaning the “Clutter”)

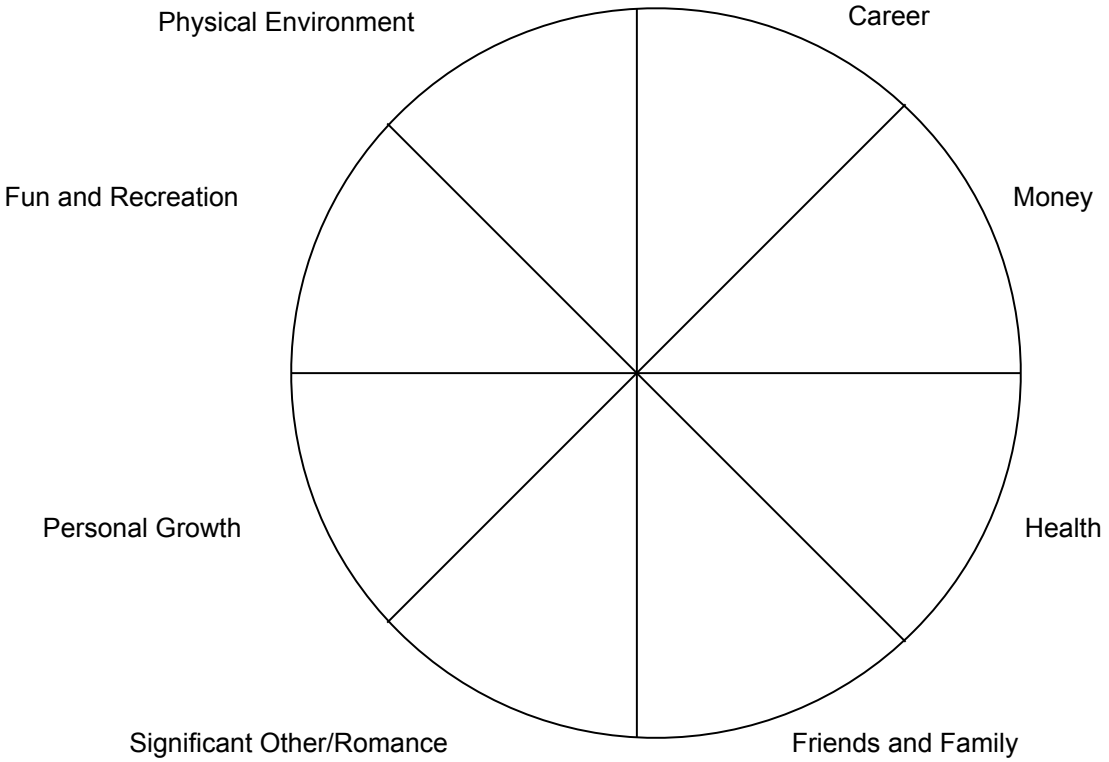
CLIENT INSTRUCTIONS: Make a list of what you are putting up with at work and at home to determine what might be limiting you right now.

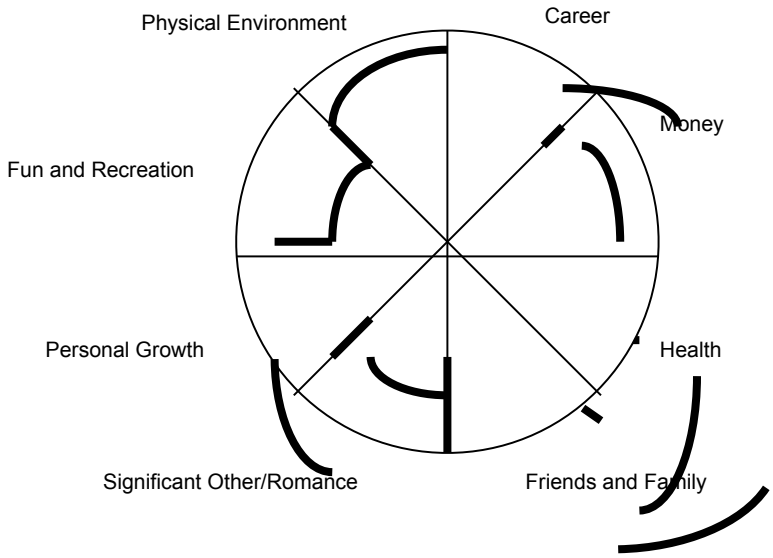
> We put up with, accept, take on and are dragged down by things that we may have come to ignore. Now is the time to identify those things. As you think of more items, add them to your list.
>
> You may or may not choose to do anything about them right now, but just becoming aware of and articulating them will bring them to the forefront where you’ll naturally start handling, eliminating, fixing and resolving them.

ENERGY DRAINERS AT WORK	**ENERGY DRAINERS AT HOME**
1)	1)
2)	2)
3)	3)
4)	4)
5)	5)
6)	6)
7)	7)
8)	8)
9)	9)
10)	10)
11)	11)
12)	12)
13)	13)
14)	14)
15)	15)
16)	16)

(Situations, people’s behavior, unmet needs, crossed boundaries, incomplete items, frustrations, problems and even your own behavior)

Wheel of Life Exercise



Directions: The eight sections in the Wheel of Life represent balance. Regarding the center of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge (see example). The new perimeter of the circle represent the Wheel of Life. How bumpy would the ride be if this were a real wheel?

Example