### **Thank you for considering partnering with me for your coaching services. I appreciate your interest and am excited about the of working together to achieve your goals. Your journey is important, and I am committed providing you with the support and guidance you need. Let's embark on this transformative path together!**

### **Contact Information**

* **Full Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Email Address:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Phone Number:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Preferred Method of Contact:**
  + Email
  + Phone



### **Coaching Focus Area**

(Check all that apply)

* **Fitness:** Health, weight loss, strength, or performance goals.
* **Wealth:** Financial planning, career growth, or wealth-building.
* **Wellness:** Stress management, mindfulness, or work-life balance.



### **Your Goals**

1. **What are your top 1-2 goals in this area?**



1. **Why are these goals important to you?**



### **Current Challenges**

1. **What obstacles have you faced in achieving these goals?**
2. **What support or accountability do you need to overcome these challenges?**



### **Coaching Preferences**

1. **Preferred Coaching Style:**
   * Structured and goal-focused
   * Supportive and flexible
   * A mix of both
2. **Preferred Session Format:**
   * One-on-one virtual sessions
   * Group coaching
   * In-person sessions (if available)
3. **Availability (Days/Times):**



### **Additional Information**

* Is there anything else you'd like your coach to know?



**Submit Your Form to** [**im@drezamore.com**](mailto:im@drezamore.com) **and once submitted, we’ll review your information and contact you within 48 hours to schedule a consultation.**