

# Temperance Life Coaching

Client Application (Fillable PDF)

Email completed form to: [temperancelifecoaching1@gmail.com](mailto:temperancelifecoaching1@gmail.com)

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## Client Information

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Full name

Preferred name

Email

Phone

## Coaching Preferences

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1:1 Coaching

Group Coaching

Premium Package

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## Goals & Focus Areas

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Top 3 Goals

Biggest Challenge

3-Month Success Vision

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## Session Preference

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Would you prefer a phone call or Zoom session?

Phone Call

Zoom

## Agreements & Signature

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- I understand coaching is a collaborative process focused on personal growth and accountability
- I understand coaching is not therapy or medical treatment.
- I am responsible for my choices and decisions.

Signature (type full name)

Date