



## **What is Coaching?**

Coaching is a collaborative partnership in which a professional specially trained in coaching works with you to create a life vision, and achieve personal or professional goals. It is based on a holistic or “wellness” model, intended to improve daily functioning and well-being for individuals without significant psychological impairment.

Coaching provides feedback, insights and guidance from an outside vantage point. This supportive collaboration creates accountability, which is intended to empower you to change behavior, increase choices, meet goals, and realize your vision. It seeks to identify and use your strengths as assets, and to help you shift from a framework of limitation and restriction into one of possibility and spaciousness.

People may seek out a coach when they are making a career transition, ending a relationship, desire to deepen their spirituality, quit smoking, improve nutrition, lose weight, become more resilient, reduce stress, practice better self-care, or are simply looking for personal and professional breakthroughs. Coaching is not intended to treat clinical disorders such as anxiety, depression, addiction and phobias. This places coaching more in the realm of an educational process as opposed to therapy.

Individual coaching sessions are provided during business hours, and may be in person at Samaritan Counseling Center’s Lititz office or by phone.

## **Individual Coaching Enrollment**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Cell#: \_\_\_\_\_ Home# \_\_\_\_\_ Work #: \_\_\_\_\_

Occupation/Profession: \_\_\_\_\_

Preferred method of contact for scheduling initial appointment/Notes: \_\_\_\_\_

**1) Please check the life area that best describes what you would like to focus on and see change over the next 3-6 months. If you don’t see the area described, write it under “other”. If you are unsure, your coach can help you to decide.**

Career/Call/Work transitions

Fitness/exercise

Nutrition

Self-Esteem & Confidence

Relationships

Finances

Get Uncluttered & Organized

Deepening my Spirituality/Faith

Life purpose/values clarification/Personal “mission” statement

Stress Reduction

Play/Creativity

Health/Wellness

Self-care/Stewardship of self

Other (describe): \_\_\_\_\_

2) Describe specific changes you would like to see in your life over 3-6 months or what goals might you be interested in setting and discussing with your coach? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3) What life/health challenges do you have right now? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4) Are you currently under medical/psychological care?  Yes  No

If yes please describe briefly: \_\_\_\_\_

\_\_\_\_\_

5) Preferred method of coaching:  Samaritan Lititz office  Phone  Flexible

**I have read the description of coaching provided on this form. I understand coaching is a process designed to support and empower individuals to move toward greater health, vitality, life purpose and joy. Coaching is not therapy, and there is no intended or implied diagnosis, treatment, or advice contained in coaching sessions.**

Your signature: \_\_\_\_\_ Date: \_\_\_\_\_

---

---

**Upon receipt of your completed enrollment form, your coach will contact you to schedule an initial appointment.**

*Return form by mail to:  
Samaritan Counseling Center  
Attn: Linda Crockett  
1803 Oregon Pike  
Lancaster PA 17601*

*Or fax to: 717 560 9553*

### **Payment**

The cost of a one-hour coaching session is \$65 unless otherwise agreed with your coach. Payment is due at each session. **Phone sessions require a signed credit card authorization** by which you agree that your account will be charged following each session. You also have the option to set up automatic credit card payment for on-site coaching sessions.