

.

**Life Coach Application**

*Dear Friend!*

*Thank you so very much for your interest in Life Coaching Opportunities with the MDR Coaching Team! Kindly complete this application so that we can evaluate your desires and consider an approach to bring you the most effective and efficient personal assistance!*

 *Sincerely,*

 *Dr. Mark Roseman, Founder*

 **CONTACT INFORMATION AND BACKGROUND**

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

Signature of parent/guardian (if you are a minor):

Birth Date: / /

### Age:

Gender: □ Male □ Female

### Address:

(Street and Number) (City) (State) (Zip)

Home Phone: ( ) May we leave a message? □ Yes □ No Cell/Other Phone: ( ) May we leave a message? □ Yes □ No

E-mail: May we email you? □ Yes □ No

\*Please be aware that email might not be confidential.

### Marital Status:

□ Never Married □ Partnered □ Married □ Separated □ Divorced □ Widowed

 Children: \_\_\_ Number of children \_\_\_\_ Ages and Gender \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Referred by: (check any that apply)

 Family or Friend

 Internet Search

 Website \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Personal Concerns**

1.What are the biggest changes you want to make in your life in the next 6 – 12 months?

1.

2.

3.

2. What are the biggest changes you want to make in your life over the next 5 years?

a.

b.

c.

3. Who or What do you believe may be keeping you from achieving what you wish

 for?

4. What would you say have been your 3 greatest accomplishments to date?

b.

c.

5. Have you shared your concerns with friends? Y/N Why or why not?

6. On a scale of 1(least) to 10 (max), how confident about your future are you?

1-2-3-4-5-6-7-8-9-10 Explain:

7. On a scale of 1(least) to 10 (max), to what degree do you blame yourself for your current status? 1-2-3-4-5-6-7-8-9-10 Explain:

****

**Coaching Agreement**

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

Coaching is a wonderful means to explore oneself without judgement. The role of the MDR Coach is to do help their client to identify the changes and objectives that they believe important in the short and long term. Importantly, the MDR Coach uses their training and experience in confidence, and without restraint in order to provide effective and efficient opportunities for clarity and achievement.

The MDR Coach is not providing therapy nor legal advice. Rather, this is a supportive educational model which has been found to be most helpful in a mindful, thoughtful process. We each are committed to collaborative efforts with our clients. These coaching sessions are available virtually and may use any convenient means of communication that is comfortable for the clients. Examples of these electronic communications may include phone, text, What’s App, Facetime, Skype and Zoom.

The client is welcome to extend coaching hours, suspend or terminate sessions for any reason and at any time.

MDR Coaches want to permit you the control of your time, and your needs. Our commitment is to be your facilitating partner to bring you closer to the changes, and the goals you have for yourself.

 The client partner is in charge of our collaborative work. MDR Coaches will impart training,

 Tools, homework and exercises based on the client’s initial goal orientation. The client

 partner has a responsibility to be honest in sharing information that will be helpful in this

 pursuit of personal and professional goals. We believe that a mutual respect for this work

 together will bring the most fulfillment. Please share your cultural, gender, religious and

 political context if you believe that that will help obtain a clearer mutual understanding.

Client’s Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_

 Kindly email this signed contract to: info@markdavidroseman.com.

We are here to answer your questions! Email and call 860-271-3294!