

2022

# New Client Questionnaire

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CLIENT WELCOME PACK

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*Coaching*



# General Information

## *Contact Data*

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Name :

Address :

Phone :

Email :

D.O.B. :

Children/Pets :

## PRE-COACHING QUESTIONNAIRE

In which areas of your life would you like to make a change?

What would be the most important thing you want to change and why?

What have you tried so far to help make that change?

What is the biggest fear, obstacle or challenge you face about this change?

Have you worked with a coach before? If yes what was your experience?

How can I best support you in your journey? How would you like to be coached?

*Thank you for your honesty, openness and trust.*

Anika

# What is Soul Coaching and what to expect

As a Holistic Soul Coach I help you to see your life as a whole and not just in individual parts. This type of life coaching helps you to activate your power, access your true potential and helps you to make transformational changes in your life so that eventually, you start to create a life that you desire for yourself.

As a holistic life coach I will:

Empower you

Encourage you

Motivate you

Help you find your true potential

Awaken you to the limitless possibilities in your life that you never knew existed

Remove the blocks that are stopping you from realising your true power

## Benefits

It helps you to become clear about what you want. Once you've gained clarity, creating a life that you love becomes so much easier.

It helps you to experience emotional healing from depression, anxiety, PTSD, trauma, abuse, etc.

It helps you to improve your relationships, resolve conflicts and set healthy boundaries.

It helps you to push through loss, grief or separation.

It helps you to overcome barriers and limiting beliefs.

It helps you to achieve an abundance of wealth.

It helps you to manage stress and lead a healthy and balanced life.

It helps you to set any goal that you desire and achieve them.

*You are not your negative thoughts nor your limitations. Limitations are things that have been taught to us by society. You are limitless!*