



Excel Life Coaching for Women
angela@excellifecoachingforwomen.com
angela@excelifecoaching.com
817-754-0908

Hello,

Welcome! I appreciate your interest in Excel Life Coaching for Women! Thank you for allowing me to partner with you. It is the next level of accountability for those who are interested in further fulfillment in life. Please complete the following forms.

I look forward to meeting with you soon!

Sincerely,

Angela



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What is Coaching?

In the past, coaching was designed to get people from where they were to where they wanted to be, utilizing a horse-drawn vehicle. In the 1880s, the word coach was given an athletic meaning when it was used to identify the person who tutored university students in their rowing on the Cam River in Cambridge. In later years, big buses with rows of seats also were called coaches. (Collins, p.12).

"Coach," has been defined in various manners throughout the centuries. However, the idea that whether it was a physical object or a human being, a coach was described as "taking people from where they were to where they wanted to be" (Collins, p.12). A life coach is another person's equal who professionally guides one toward a better place in life.

We at Excel Life Coaching for Women believe that God created every human being in His image and with a unique purpose in life. However, people get stuck by deterrents which can disrupt life. Life coaching is for the average person. Life is going fine, but one could use fine-tuning and enhancement for a smoother process. Through awareness, understanding, acceptance, accountability, consistency, and a strategic action plan, transformation takes place.

Our steps at Excel Life Coaching for Women are reflective and strategic through life mapping leading one towards a brighter future.

Let us partner with you!



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General Form

Date:

Name:

Birthdate:

Phone:

Email:

Marital Status:

Children:

Occupation/Student/@homemom,etc.

Any further information you would like us to know about where you are presently and where you would like to go.

- 1.
- 2.
- 3.



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Question

If you knew you couldn't fail, what would you love to do? If you choose not to answer this question, no problem, we'll help you figure it out.



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Coaching Disclaimer and Waiver

_____ I certify I am over the age of 18.

_____ I have voluntarily elected to receive coaching and the nature and purpose of this service have been explained to me.

_____ I understand that coaching can be used to help me focus and achieve the outcomes I desire including but not limited to improved confidence, heightened self-awareness, better relationships, clarity of purpose, goal attainment, balance, and improved communication.

_____ I understand that I am a partner in the coaching process and that I have the right to agree or disagree with any of my Coach's recommendations.

_____ Based upon the information that I provide to my Coach and the specifics of my situation, my Coach will provide recommendations to me regarding coaching.

_____ I recognize there are no guaranteed results and that independent results are dependent upon many factors including but not limited to networks, mindset, lifestyle, and habits. I understand that there is a possibility I may require further coaching to obtain the expected results at an additional cost.

_____ I understand that if the coaching relationship isn't working for me, it is my responsibility to say something so the coaching methods can be adjusted.

_____ I understand that progress will be tracked periodically, and at the end of the committed period, my coaching outcomes and progress will be evaluated.



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_____ I understand that this agreement is for coaching not therapy.

_____ I understand that my coach will not diagnose or treat any medical or psychological conditions. I understand that coaching does not treat mental disorders as defined by the American Psychiatric Association. I understand that coaching is not a substitute for counseling, psychotherapy, psychoanalysis, mental health care, or substance abuse treatment, and is not to be used in place of any form of therapy.

_____ I understand and agree that I am fully responsible for my well-being during my coaching sessions, and subsequently, including my choices and decisions. I understand that Life coaching is not a substitute for counseling coaching psychoanalysis, mental health care, or substance abuse treatment and I will not use it in place of any form of therapy.

_____ By signing this agreement, I agree that I understand the difference between a coach and a therapist and that I will get appropriate professional help for any mental health issues.

_____ I understand that coaching is, at present, an unregulated industry and that my Coach is not licensed by any of the fifty United States of America.

By signing below, I agree to the following:

I have read and understood the coaching disclaimer and waiver. My signature below indicates that I have read this agreement carefully and understand its contents. I agree to release, waive, and forever discharge all liability toward my Coach, any agents, successors, executors, heirs, and employees from any claim, suit action, demand, or right to compensation for damages I have or claim to have as a result of the advice I receive form my Coach or otherwise resulting from the coaching relationship. If I have any questions or concerns that I have about this waiver, I will ask my Coach to address them before I sign.

Name (Printed)

Signature

Date



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Confidentiality Agreement

Please read and initial each of the statements below:

_____ I understand that all information obtained in the course of my coaching services are confidential unless there is a compelling professional or legal reason for its disclosure.

_____ I understand that my Coach will disclose confidential information without a specific release required by law or if the confidential information may put me or others at risk of harm or compromise their well-being. For example, if I report child, elder abuse or neglect or threaten to harm myself or someone else, I understand that necessary actions will be taken, and my confidentiality agreement will be limited.

_____ I understand that my Coach may disclose confidential information without my consent as mandated or permitted by law.

_____ I understand that my Coach will not disclose confidential information to third parties unless I give written permission that it be shared.

_____ I understand that electronic communications include, but are not limited to, emails, text messages, video conferencing, and voicemail and that the confidentiality of electronic communications cannot be guaranteed.

By signing below, I agree to the following:

I have read and understood the confidentiality agreement. I agree to waive all liability toward my Coach and Excel Life Coaching for any injury, losses, or damages incurred as they relate to this agreement.

I understand that Angela Carwheel is a Christian Coach and holds a Biblical worldview.

Name (Printed)	Signature	Date
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Thank You!