



# Coaching Consultation Form

APPLY NOW to avoid disappointment



Hello! Thank you for your interest in holistic business/life coaching with me.

There is no obligation by submitting an application. If you are a good fit, we'll set up a consultation call.

*PLEASE READ: This programme is perfect for anyone who wants to delve deeper into their mindset and shift it to overcome their career challenges. By asking you the right questions, a coach can help you shed light on issues such as self-confidence, dealing with imposter syndrome, being afraid to speak up, or even deciding the next step in your career.*

## **Coaching include the following areas for development:**

- Imposter syndrome and self-confidence
- Leadership skills
- Work-life/family balance
- Career direction and next career step
- Time management & productivity
- How to handle difficult situations, stress management
- Discovering how to use your strengths and skills to your maximum benefit
- Professional growth
- Communication skills
- Personal development

My individual coaching containers are by invitation only. I currently offer 3-, 6-, and 12-month coaching packages.

Please fill out the application to move to the next step. (Incomplete applications will not be considered.)

If you are a good fit, I'll be in touch within 48 hours to schedule your consultation. If not a fit, I'll do my best to provide a resource or referral to help.

## Personal Information:

1. Full name \*

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2. Phone number \*

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3. Email Address:\*

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4. Preferred Method of Contact: \*

Email

Phone

## Background Information:

5. Age and Gender

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6. Current field of occupation

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Government  
sector/NGO

Business owner/  
entrepreneur

Corporate

Professional

Other

7. Other: Please specify \*

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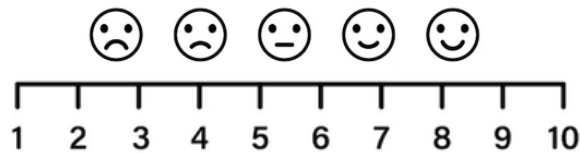
8. Please state name of business, your job title and how long have you been in this position.  
If you are a business owner - how long have you been in business?

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9. On a scale of 1-10 how happy are you with your life right now?



10. Regarding money, my family taught me to be..."please complete the sentence. \*

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## Coaching Goals:

11. What specific areas of your life or business are you seeking coaching for? (Please check all that apply) \*

- Personal Growth and Development
- Career Advancement
- Leadership Skills
- Time Management
- Productivity
- Stress Management
- Work-Life Balance
- Communication Skills
- Business Strategy and Growth

12. Other (please specify):

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## Current Challenges:

13. Please describe the main challenges or obstacles you are facing in your life or business right now:

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14. At what times do you feel fully engaged?

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## Goals and Expectations:

15. What do you hope to achieve through career/life coaching? Please outline your short-term and long-term goals:

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16. What specific areas or skills would you like to focus on during our coaching sessions?

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17. Are there any specific expectations or outcomes you have from our coaching relationship?

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18. Have you ever worked with a coach before? If yes, please briefly describe your experience:

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## Availability and Commitment:

*Coaching requires a commitment of resources, including time, money and energy to see the results you desire.*

19. Are you willing to commit to regular coaching sessions and complete assignments between sessions to achieve your goals? (Please indicate your level of commitment)

Highly committed

Moderately committed

Somewhat committed

Not sure about my commitment level

20. On a scale of 1 (not able at all) — 10 (very able) how able do you think you are to make the desired changes?

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21. Is there any other information you believe is important for the coach to know before beginning the coaching journey?

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22. 1:1 coaching with me starts at an investment of N\$1000 per month with a minimum 3 month commitment. How comfortable are you making that kind of investment at this time?

*Note: If this is out of your current budget, apply for mentorship only or discuss options with me.*

I'm in if we're the right fit.

Somewhat comfortable, but not positive.

Other, please specify

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23. Any other requests or information you would like to add to this application?

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## Please complete this section before you submit the form.

By submitting this form, I confirm that I am interested in holistic life and business coaching services and understand that the information provided will be kept confidential. I confirm I am aware of the following conditions:

- Registration submitted by me is to facilitate compatibility. All private information filled in this survey will not be externally shared.
- Given the schedule limits, submitting this registration form will not guarantee final acceptance.
- I can opt out of enrolment after the free consultation.

23. Signature of Applicant

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24. Date

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If you are a good fit, I'll be in touch within 48 hours to schedule your consultation. If not a fit, I'll do my best to provide a resource or referral to help. Please feel free to visit our website: [wellness.katuka.online](http://wellness.katuka.online) for more information and available resources. Please email this form to [desere@katuka.online](mailto:desere@katuka.online)

I am looking forward to meet with you!

Warm regards

Desèré

