



ONE STOP COACHING IN-TAKE PACK

One hour coaching sessions aimed at swiftly helping you deal with immediate issues. This form is thought provoking and will help you start to re-evaluate yourself.

PERSONAL DETAILS

(NB: These will not be shared with anyone else)

Name:

Address:

Postcode:

email address::

Tel:

Mobile:

HOW TO BOOK: Fill out this form as much as you can and post it to the address below together with payment or contact me on how to pay by BACS or PayPal. Your form will be treated with confidentiality and will form part of your appointment.

Address: Halapeno High, High Street, south Cerney, GL7 5UG

Tel: 07964 290933 email: info@positiveclarity.co.uk www.positiveclarity.co.uk

PRIME FOCUS

In the box below, write in detail the issue that you want to work on as your Primary Focus.

Provide a simple heading that is your main focus for this session:

Give 3 – 10 words for how you are feeling about this situation or how it affects you:

Write in detail where it started, what caused it and what is happening now, how it effects you, use separate piece of paper if necessary.

YOUR VALUES

Our values help us make choices about what we commit to in our lives. If you commit time and energy to something that violates or neglects one of your core values, you will start to feel resentful, or frustrated, or perhaps just a persistent niggling that something is not right. If you are not honouring your values when you make choices about activities and relationships, you may get a sense that something is missing or wrong in your life.

Your values mean the qualities that define you, they are at the core of who you are. While it is enormously helpful to know our core values, it is not always easy to identify them. Your list maybe useful to help maximise your session. Your values don't have to be a single word – they could be strings or words or sentences. Find the words that work for you. The following questions may help clarify your thinking about values:

- v What is important to you?

- v What do you care about?

- v What do you want in your life?

- v What do you love doing?

- v Are there any particular individuals you admire? Who are they and what is it about them you admire?

- v When has life been at its most rich, full, exhilarating, flowing? What was important about that experience?

- v What is it that you can't live with and still be true to yourself?

Values Table

Using the table list the values that are important to you – make two lists, one = Personal and the other = Career

Integrity	Freedom	Relationship
Honesty	Exploration	Team
Authenticity	Creativity	Community
Accountability	Fun	Belonging
Do what you say	Artistic	Depth
Directness	Spontaneity	Being Known
Sincerity	Flexibility	Intimacy
Strength	Knowledge	Commitment
Character	Identity	Friendship
Follow through	The Search	Communication
Sacrifice	Meaning	Gentleness
Legacy	Influence	Compassion
Family	Truth	Caring
Marriage	Passion	Emotion
Duty	Seeing the world	Spiritual Life
Honor	Adventure	Health
Heritage	Diversity	Devotion
Responsibility	Travel	Passionate Pursuit
Harmony	Change	Worship
Security	Movement	Generosity
Stability	New Challenge	Service
Peace	Opportunity	Reflection
Home	Enthusiasm	Reaching Out
Thoughtfulness	Starting Things	Evangelism
Practicality	Entrepreneurial	Changing the World
Nurture	Motivation	Hospitality
Beauty	Progress	Concern
Romance	Inspiration	Integration
Genuiness	Renewal	Making a difference
Financial Independence	Healing	Volunteering
Stewardship	Efficiency	Mastery
Overflow	Accomplishment	Competence
Sharing	Focus	Precision
Benevolence	Purpose	Excellence
Life-long learning	Achievement	Doing it well
Investment	Building	Planning
Recognition	Leadership	Principles
Community Involvement	The outdoors	Rationality
Career Advancement	Success	Nature
Being Knowledgeable	Frugality	Love

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Personal Values Table

Career Values Table

OUTCOME:

What would you like to get achieve with your session?

OTHER AREAS?

What other areas in your life would you like to work on? If you could have a blank canvass no obstacles in the way, what would you really like to happen/do/achieve/be???

TESTIMONIALS

These are some of the testimonials that I have received, I hope that they give hope and inspiration to you, that it is possible to live life how you want to live.

"I'm now looking forward to more content life!"

I have recently been lucky enough to be introduced to a lady who I had no idea could have such a life changing effect on me. Dulcie has coached me and helped me over anxieties I've let control my way of life for over 18 years! And more recently helped me cope with any wedding anxieties and fears of being in a populated area such as the airport on the way to my honeymoon.

"Dulcie aided me on a personal journey that made me feel in so much more control of my life!"

When I first met Dulcie I had no idea it was possible to manage and change my thought processes that triggered my anxieties in such a way that they became manageable. From the initial contact with Dulcie she made me feel welcome relaxed and very at ease with the environment she coached me in, Dulcie aided me on a personal journey that made me feel in so much more control of my life and hugely happier about my past experiences. For the affordable price of what it costs to have this wonderful coaching the results are priceless and it is also extremely comforting to know that I can always pick up the phone and arrange another appointment with Dulcie if any new anxieties arise that I find I need help with.

I'm now looking forward to more content life coping with issues that will no longer bother me. The whole experience has changed things in me that I thought I had to live with the rest of my life so if you want to change your life the better I urge you to have a chat with Dulcie to see if she can help you too!

Mr. J

"Dulcie's coaching method for me was achievable!"

At a time when I had reached rock bottom, I was recommended to have an initial chat with Dulcie. As a cliché as it may sound Dulcie truly does have a naturally warm and positive attitude and over time gave me the courage and strength to change my negative psyche into a positive one.

Dulcie's coaching method for me was achievable in relation to my state of fragility, being small snippets of positive advice and guidance which I could 'keep in my pocket' so to speak and carry around with me every day to fall back on in any time of need or insecurity and there began my stepping stones to recovery building slowly on every day. An easy path no but, doable yes.

I also had two cooking sessions with Dulcie. My self worth was at was at zero and I craved a normal life. The cooking helped re set the foundations that I could make things happen, feel good about myself and could achieve goals which then lead on to finding the strength to strive for normality again.

Taste the Memory worked for me and now I'm out there Tasting Life. Miss C



COACHING TERMS & CONDITIONS

Payment Terms

First appointment free from charge, one hour in duration.

Sessions are normally one hour and charged @ £35. NB: Any extra time beyond is chargeable at half hourly increments.

Full payment is required either cash on the day or fees can be paid by debit or credit card using PayPal payment systems or by BACS, but must be paid in advance of booking.

Appointments

Clients are required to arrive on time for their appointment. The main focus is on the client's current situation and aimed solely on working towards a positive outcome.

Appointments are normally for one hour, if they run over they are chargeable at the discretion and agreement between the client and the coach.

There is no set number of sessions required, normally clients required between 4 – 8 sessions, but at anytime the client is free to opt out of booking continued sessions. Completion happens naturally and is most often mutual.

One Stop Coaching Sessions are strictly one hour, and will be charged extra if you require session to be longer. You may book in for more than one of these sessions if you have more than one issue that you want to work on.

Cancellations

If a client wishes to cancel or re-arrange an appointment please give as much notice as possible, cancellations or no shows on the day are chargeable. If an appointment is cancelled by Positive Clarity due to any unforeseen circumstances then an alternative appointment will be offered at an agreeable time, or a refund in full will be paid.

Referrals

I welcome any referrals, and when a referred client has had their first paid appointment, as a gesture of my appreciation, a £10 discount voucher which can be redeemed off either a coaching or cooking session.

Testimonials

These are very much welcome as they can give comfort to other people who have just begun their journey forward. Unless agreed Positive Clarity will not divulge client's name, to protect their privacy. Positive Clarity would use these in advertising campaigns or on the web site, but this will only happen with the client's permission.

Confidentiality

Positive Clarity will treat ALL information discussed at any coaching or cooking session as strictly private and confidential. No names or addresses will be shared with any other party. This Excludes Police or a Legal body only under exceptional circumstances.

Guidance

Coaching sessions are to aid you find your way forward. for guidance only, therefore I cannot accept responsibility for consequences or decisions that the client may make.

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