

Client Intake Information

What is LIFE COACHING?

Coaching is a relationship between you and your life coach where you are the expert in your life and your coach helps you connect to your wisdom and take action to create the outcome and life that you truly desire to live.

How does life coaching session work?

- *During the coaching session, I need you to be fully present.*
- *My one on one coaching is 1hr per session.*
- *Coaching can be done over the phone, video call and or face to face.*
- *Coaching is **100% Confidential & Non-Judgemental.***
- *Coaching is **NOT counselling or Therapy and or telling a client what to do.***
- *My aim is it to empower you by helping you discover your own answers and harness your inner power so that you can transform your life*

How does life coaching session work?

- *Return email/phone calls within one working day.*
- *I will help you set, clarify and maintain focus on your goals.*
- *I will hold you accountable - for what you say you're going to do.*
- *I will help you establish your own solutions & strategies.*
- *I will encourage, support & believe in you even when you may not!*
- *Discover the possibilities and methods for your own growth and evolvment.*
- *I will challenge you and help you recognize where you may be holding yourself back. Together we raise your self-awareness.*

My expectation of my client -

- *To have an open and honest discussion/conversation.*
- *Willing to adopt a more positive outlook on self and life.*
- *Ready to be fully accountable for your life/decisions/actions.*
- *Be accountable and committed.*

And remember, YOU are responsible for YOUR results. Success is directly related to your commitment and the effort you make!

Cheers to your empowering journey of life,

Atiyah Yco



LEADS TO SELF-EMPOWERMENT