

Delphina Joyce ~ Messenger of JOY™

· Teacher · Reiki Healer · U-hold the key · Speaker · Transformational



J.O.Y. Coach

“Our thoughts create our reality; choose words of inspiration & encouragement.”

Personal Information

Name: _____ Today's Date: _____

Address: _____ Phone – Day: _____

City / State / Zip: _____ Phone – Cell: _____

Occupation: _____ Male Female OK to leave message _____

Emergency Contact: _____ phone: _____

Email address: _____

What do you want to accomplish through J.O.Y. coaching?

Is there any other information you would like to share? Health concerns, current issues, etc. _____

Client Agreement

In requesting professional assistance, I understand that to be successful I must be entirely willing to:

- Recognize that my health and well-being depend directly on how well I care for myself emotionally, physically, spiritually and intellectually.
- Acknowledge that my feelings, thoughts, images, desires (conscious and subconscious) ultimately determine the course of every action and relationship in my life.
- Realize that blaming anything or anyone, including myself is totally useless and that the only person that can take charge of my life is me.
- Accept responsibility for myself, my choices, my actions and acknowledge that I, knowingly or unknowingly, create them.
*Note: Responsibility means **the ability to respond.***
- Agree to be on time for my appointments, meet my financial obligations promptly, **including any session missed without a 24-hour notice**, and to participate wholeheartedly in the work I am undertaking.

I know my heartfelt commitment is an important first step in my work here and my signature below underscores that commitment. If, in all good conscience, I cannot align myself fully with each statement above, I have initialed each acceptable item rather than signing at this time and agree to discuss with *Delphina Joyce*, in detail, any reservations I may have.

Client Signature: _____ Date: _____



J.O.Y. Coaching™

**Journey Options You
choose**

Practitioner Agreement

In order to support you in deriving maximum benefits from our scheduled time together, I agree to:

- Use the best of my abilities, training and expertise to facilitate such changes as are mutually agreed to be in your best interest and in no way harmful to you.
- Work diligently to ensure to the best of my ability that all suggestions given are positive in direction, beneficial in nature and presented within a context of health and well-being.
- Refrain from using you or your trust to satisfy any personal needs I may have outside of our working relationship.
- Offer you my undivided attention and professional assistance during our scheduled sessions.
- Inform you immediately if, in my judgment, you would be better served by another professional or by an alternative/complimentary means of reaching your goals.

I am professionally committed to assisting you in accomplishing your goals in the shortest possible time and at the lowest possible cost by mobilizing your resources to achieve maximum results.

Practitioner Signature:

Date:

Disclosure and Consent Form

I, _____ have been advised by Delphina Joyce the scope of **J.O.Y. Coaching™** practice and I give my full consent to receive sessions from her. I understand that results vary by individual.

I understand that **J.O.Y. Coaching™** is not a replacement for medical treatment, psychological or psychiatric services or counseling. I also understand that Delphina JOYce does not treat, prescribe for or diagnose any condition.

I have been advised that I am free to terminate any or all sessions with a **24-hour notice**. Termination of sessions does not result in refund of money. I have agreed to participate in each session to the best of my ability.

I have accurately provided background information as requested by Delphina JOYce.

I understand that confidentiality regarding my sessions will be honored between Delphina JOYce and myself. This same confidentiality is respected when working with minors under the age of eighteen.

Signature of Client

Date

Printed Name of Parent or Guardian

Signature of Parent or Guardian

Date



J.O.Y. Coaching™

Journey Options You **choose**

Coaching Discovery Form: Are You Ready?

Is this the right time for a Coach? Having a Coach in your life can speed up the process of obtaining what you want and make the journey to it much smoother. Having a Coach will help you become clear on what you really want.

To learn how a Coach might benefit you, complete this Discovery Form. It will give you a strong base from which to explore whether Coaching would be useful to you.

After you have filled out the form, we'll begin your complementary trial session to discuss what you discovered and explore the possibilities available to you right now.

Note: You may find some of these questions ask the same thing in a different way.

1. Rate yourself from one to ten in each of these life areas. Ten (10) means "it's perfect to me", and one (1) means "I need a lot of improvement in this area".

Health	_____	Relationship(s)	_____	Fun	_____
Finances	_____	Career	_____	Fulfillment	_____
Peace	_____	Family	_____	Other	_____

2. What is one thing you would like to achieve in the next six months that would make the biggest difference in your life?

3. If you could have more of one thing in your life, what would it be?

4. What are the top three things you are tolerating or putting up with in your life?

5. How would your life be different if you no longer had the above tolerations?

6. To increase your enjoyment of life, what are the three key areas for you to focus on for your own personal development?



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Journey Options You choose

7. Write down one thing you would like to have in your life but don't have a clue how to go about getting it.

8. Assuming all human beings have some way of sabotaging their life, or holding themselves back, what would be your favorite method? Check your favorite, and write in any that are missing.

- | | |
|--|--|
| <input type="checkbox"/> Procrastination | <input type="checkbox"/> Not saying "No" |
| <input type="checkbox"/> Indecisiveness | <input type="checkbox"/> Not saying "Yes" |
| <input type="checkbox"/> Arrogance / The need to be right | <input type="checkbox"/> Controlling Life / People |
| <input type="checkbox"/> Not always telling the absolute truth | <input type="checkbox"/> Following secondary goals (<i>i.e. goals that won't ultimately make me happy</i>) |
| <input type="checkbox"/> Acting as the "Lone Ranger" | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Tolerating | _____ |

9. What would be the most valuable thing you would get from working with Delphina Joyce?

10. Are you ready to hire Delphina Joyce? Check *yes* or *no*.

- I am ready to do whatever it takes to reach my goals..... Yes No
- I am willing to listen to someone else's viewpoint Yes No
- I am willing to invest in myself Yes No
- I am willing to get out of my comfort zone and try new things..... Yes No
- I am willing to fully commit to make the changes I am seeking..... Yes No
- I am willing to commit to the process, knowing that change doesn't happen overnight..... Yes No
- I am willing to ask for support and accept the support I receive Yes No
- I am willing to stop tolerating Yes No
- I am ready to invest in myself Yes No
- I am ready to make my goals a top priority Yes No

Give yourself one point for every *yes* you checked and 0 points for every *no*, and tally up your total number of points. If you scored:

8-10 points..... You are ready to make the investment and hire a Coach! Your commitment level is high and you will achieve a lot from working with a Coach.

5-7 points..... You are almost there. During your trial session work with your Coach on areas that are getting in your way and ask them to support you in removing those blocks so you can move forward and begin to create the changes you want.

"It's never too late to be who you might have been."

-- George Eliot