Christian Counseling and Health and Wellness Coaching

Welcome to **RTFM Christian Counseling and Health and Wellness Center** where we look to helping you discover wellness through a whole person approach. In order to be meet your needs please fill out the answers below as completely as possible. We will then seek you with one of our consultants who will can best meet your needs.

What area(s) of your life do you feel need to be addressed at this time. Please check those that apply to you:

\_\_\_\_\_ Emotional \_\_\_\_\_ Relational \_\_\_\_\_ Physical \_\_\_\_ Spiritual

What have you done to address the areas checked above?

Describe your current situation as it relates to the above and how is it challenging your life at this moment?

What would you like to see happen in your life right now as it relates to the above?

What kind of Lifestyle Coach or Counselor would you like to see? Check one or more that apply (see back of sheet for description of each)

\_\_\_\_\_ Christian Counselor \_\_\_\_\_ Life Coach \_\_\_\_\_ Health and Wellness Coach

\_\_\_\_\_Marriage/Relational Coach \_\_\_\_\_\_ Brain Health Coach

What days and time work best for you to make an appointment? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_ Phone #\_\_\_\_\_\_\_\_\_\_\_\_\_\_ email\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**A Counselor/health coach professional will contact you soon to talk to you and schedule an appointment.**

**Thanks for allowing us to be a part of your journey towards healing!**

**Lifestyle Coaching Descriptions**

**Brain Health Coach**: Brain Health Coaches have been trained in neuroscience and can use all the latest understanding in neuroscience to help you maximize your brain performance by giving you specific assessments to identify areas of the brain the need attention and then may recommendations to maximize your brain health. Like a personal trainer, they specialize in helping you improve skills, reach goals, and stay healthy. Brain Health Coaching help can help with such things as anger, depression, anxiety, motivation, procrastination, ADHD, OCD, Autism, etc.

**Life Coach:** A life coach is someone who can help you improve your life, feel better, and achieve your goals. A life coach is a change agent that helps you to recognize the changes that you can successfully make from where to are to where you desire to be.

**Marriage/Relationship Coach**: A marriage/relationship coach is someone who supports individuals and couples in learning vital skills for relating, especially in marriages and romantic partnerships. Relationship coaches help you to develop conflict resolution skills and offer tools to deepen intimacy and pleasure.

**Health and Wellness Coach:**  A health and wellness coach works one-on-one with individuals who want to improve their health and well-being. Using concepts drawn from psychology, behavior change, and life coaching fields, a wellness coach helps their client overcome obstacles to maintain healthy habits for life and/or improve their current health and wellness status.

**Appointment- Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Time\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Cost: $75 per session



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