

You are ultimately responsible for all of the decisions that you make.

I do not share any information with anyone unless there are any Risk of Harm issues.

These calls do not take the place of medical advice from your doctor.

It is your responsibility to cancel or reschedule calls within 24 hours.

Coaching is very goal driven and self-directed.

Coaching is about moving forward.

Any medical history? Family medical history?

Are you on any medications?

How do you view the world? Optimist, pessimist or realist?

Anything I should know about you to help with this program?

What has helped in the past?

What has not worked?

What are your short-term goals?

What is your long-term vision?

How are your short-term goals relevant to long-term vision?

What would you like to be doing more of?

What would you like to be doing less of?

In the past two weeks have you ever felt down depressed or hopeless?

In the past two weeks have you felt little interest or pleasure in doing things?

In general, how would you describe your current level of health: Excellent, Very Good, Good, Fair or Poor?

On a scale of 1-10 how would rate your overall mental health now?

In the past 30 days how many days of work did you miss due to any physical or emotional issues?

In the last 30 days how many days did you feel less productive due to physical health or emotional issues?

On a scale of 1-10 how would you rate your current stress level?

Height?

Weight?

What is your purpose for coaching calls?

SMART goals

What would you like to work on first?

What is your support system?

What stage of change are you in right now?

Precontemplative

Contemplative

Preparation

Action

Maintenance 60-90 days to set a habit and 7 days to break a habit.

Relapse