

LIFE COACHING

INTAKE QUESTIONNAIRE & WAIVER FORM



DEFINITION OF LIFE COACHING

Life Coaching is a profession that is profoundly different from consulting, mentoring, advice, therapy, or counseling. The coaching process addresses specific personal projects, business successes, general conditions and transitions in the client's personal life, relationships or profession by examining what is going on right now, discovering what your obstacles or challenges might be, and choosing a course of action to make your life be what you want it to be.

GOAL OF COACHING

Life Coaching is a designed partnership between coach and client where the coaching relationship continually gives all the power back to you, the client. I truly believe that you hold the answers within to every question or challenge you may be experiencing in your life, even if those answers aren't readily available to you.

You, the client, are the only expert in your entire life who truly knows who you are and what you need. You are the true expert who can recognize what is absolutely best for you. I will only help you discover the power that has been lying dormant within. The goal of Life coaching is to help you learn how to make choices that create an effective, balanced and fulfilling life.

CONFIDENTIALITY

All information discussed in each session is confidential with three exceptions: (1) when a client poses a danger to themselves or others, (2) when requested by a court of law, or (3) for purposes of professional supervision (in which case, your name and identifying information will not be used).

Please be advised that disclosure of child abuse or suicide attempts must be reported by law.

FEE STRUCTURE per 50-minute session: **Individuals:** \$100

Full payment is due at the time of each session. Accepted forms of payment are: cash, PayPal (go to [toshiashaw.com services page](https://toshiashaw.com/services)), or credit card. **Please note:** Unfortunately, insurance companies do not cover life coaching sessions.

NOTE: During the intervening time between sessions I am available for 1 or 2 brief (10-15 minute) telephone conferences or by email. Couples are expected to call simultaneously.

CONFIDENTIALITY

All cancellations require a 24-hour advance notification, and payment can be used towards future appointments. There are no refunds. Ten minutes grace into the appointment. After the ten minutes there is not enough time for a session. Client is responsible for full fee for missed or late session. Clients who are within the ten-minute grace period will be seen for the remainder of the 50-minute session, not to extend past the allotted time. **If the appointment is in NV, and it is missed, then a room rental fee reimbursement is required.**

PLEASE PRINT CLEARLY

I, _____ have read, understood, and agree to the terms and conditions set forth in this intake & information sheet and waiver form.

Signature: _____ Date: _____

Name: _____

Address: _____ City & Zip: _____

E-mail: _____ Phone: _____

CAREERHISTORY

Date: _____ Date of Birth: _____

Education Level Completed: _____ High School/GED ____ Tech School ____ College(degree)____

Current Profession/Employment: _____ Length of Time: _____

Previous Profession/Employment: _____ Length of Time: _____

Hobbies: _____

RELIGIOUS/SPIRITUALHISTORY

Birth Religion: _____ Were you raised in that religion? _____

What is your current relationship with your birth religion? _____

Current Religion or Spiritual Path : _____ Involved for how long?: _____

Describe your relationship with God, as you understand God:

Describe your current prayer life and/or spiritual practice:

PLEASE PRINT CLEARLY

HEALTH HISTORY

HEALTH PROBLEMS

Current Medications: _____

Addictions: _____

In Recovery? _____ Yes _____ No

If yes, how long clean/sober/abstinent etc? _____

Have you had previous experience with psychotherapy and/or spiritual counseling? _____

Any other relevant health-related info or concerns? _____

Are you open to/familiar with healing modalities such as Reiki, Sound Healing, Chakra Therapy, Shamanic Healing, Meditation? Please write your thoughts.

FAMILY HISTORY

MOTHER:

Current Medications: _____

_____ Alive (Age: _____) _____ Deceased (Year: _____) Age at death: _____

Cause of death: _____

_____ Married . _____ Divorced _____ Remarried (Stepparent: _____)

FATHER:

Current Medications: _____

_____ Alive (Age: _____) _____ Deceased (Year: _____) Age at death: _____

Cause of death: _____

_____ Married . _____ Divorced _____ Remarried (Stepparent: _____)

PLEASE PRINT CLEARLY

Describe your relationship with your parents/step-parents:

Describe your relationship with your siblings and/or stepsiblings:

RELATIONSHIP HISTORY

Are you currently: Single ____ Married ____ If single, are you separated? ____ Divorced ____ Widowed ____

Remarried ____ Not involved with anyone ____ Dating ____ Seriously involved ____ Living with someone ____

How do you identify? _____

Your spouse/partner/significant other's name: _____

Length of time in the relationship: _____

Describe your relationship with your spouse/partner/significant other:

Children and/or Stepchildren and Ages:

Describe your relationship with your children and/or stepchildren:

PLEASE PRINT CLEARLY

If you are divorced, briefly describe the reasons for the divorce and describe your current relationship, if any, with your ex:

If you have never been married, briefly describe any significant relationships you've had:

Do you feel, think or recall any trauma in your life?

As an aid in assessment, if you feel comfortable naming what that trauma has been or might be, please do so.

What do you hope to accomplish through life coaching? What is your intention?

PLEASE PRINT CLEARLY**DISCLAIMER:**

You certify and understand that I, Toshia Shaw am not, nor am I holding myself out to be a doctor/physician, nurse, physician's assistant, advanced practice nurse, or any other medical professional ("Medical Provider"), psychiatrist, psychologist, clinical therapist, clinical counselor, or licensed social worker ("Mental Health Provider"), registered dietitian or licensed nutritionist, or member of the clergy.

Nothing obtained from my life coaching or spiritual sessions is or should be considered or used as a substitute for professional medical or mental health advice, diagnosis, or treatment. I am not providing health care, medical or nutritional therapy services, or attempting to diagnose, treat, prevent or cure any physical, mental or emotional issue, disease or condition. The information provided in life/spiritual coaching sessions, energy healing, or through my Website pertaining to your health or wellness, exercise, relationships, business/career choices, finances, or any other aspect of your life is not intended to be a substitute for the professional medical advice, diagnosis or treatment provided by your own Medical Provider or Mental Health Provider. You agree and acknowledge that I am not providing medical advice, mental health advice, or religious advice in any way. Always seek the advice of your own Medical Provider and/or Mental Health Provider regarding any questions or concerns you have about your specific health or any medications, herbs or supplements you are currently taking and before implementing any recommendations or suggestions from our Website.

Do not disregard medical advice or delay seeking medical advice because of information you have read on this Website. Do not start or stop taking any medications without speaking to your own Medical Provider or Mental Health Provider. If you have or suspect that you have a medical or mental health problem, contact your own Medical Provider or Mental Health Provider promptly. Never disregard medical advice from your doctor or other qualified health care provider or delay seeking it because of something you have read on the Internet, including on the toshiashaw.com site. I urge you to seek the advice of your physician or other qualified health professional with any questions you may have regarding a medical or mental health condition. In case of emergency, please call your doctor or 911 immediately.

The information contained on or provided through my newsletters, emails, webinars, videos, or sessions, toshiashaw.teachable.com, and the toshiashaw.com site is provided on an "as is" basis, without any warranty, express or implied.

I understand that while we may deal with issues of spirituality and religion during a session, there is no implied or intended emphasis on any one religious tradition or spiritual practice over another, nor is there any expectation or pressure to engage in any religion or spiritual exploration.

I understand that while we may deal with issues of sexuality during a session, it is not a sexual or an erotic experience. I understand that during all sessions I will remain clothed, as will my practitioner. I understand if I am uncomfortable with a topic of conversation or modality of healing at any time, for any reason, that I should tell my practitioner right away. In fact, I understand that it is my responsibility to inform my practitioner of any such circumstance, as she wants my sessions to be supportive and safe. Any access to my services or site is voluntary and at your own risk.

ASSUMPTION OF RISK

As with all situations, there are sometimes unknown individual risks and circumstances that can arise during use of my Website, or during life coaching/energy healing sessions that cannot be foreseen that can influence or reduce results. You understand that any mention of any suggestion or recommendation on or through me or my Website is to be taken at your own risk, with no liability on my part, recognizing that there is a rare chance that illness, injury or even death could result, and you agree to assume all risks.

LIMITATION OF LIABILITY

By using this Website, my services, and or products you agree to absolve me of any liability or loss that you or any other person may incur from use of the information, products or materials that you request or receive through or on my Website. You agree that I will not be liable to you, or to any other individual, company or entity, for any type of damages, including direct, indirect, special, incidental, equitable or consequential loss or damages, for use of or reliance on my Website. You agree that I do not assume liability for accidents, delays, injuries, harm, loss, damage, death, lost profits, personal or business interruptions, misapplication of information, physical or mental disease or condition or issue, or any other type of loss or damage due to any act or default by me or anyone acting as our agent, consultant, affiliate, joint venture partner, employee, shareholder, director, staff, team member, or anyone otherwise affiliated with my business or me, who is engaged in delivering content on or through this Website.

INDEMNIFICATION AND RELEASE OF CLAIMS

You hereby fully and completely hold harmless, indemnify and release me and any of my agents, consultants, affiliates, joint venture partners, employees, shareholders, directors, staff, team members, or anyone otherwise affiliated with my business or me from any and all causes of action, allegations, suits, claims, damages, or demands whatsoever, in law or equity, that may arise in the past, present or future that is in any way related to my Website.

PLEASE PRINT CLEARLY

Refund Policy

Please note there are no refunds. There are no refunds on services that include group sessions, toshia-shaw.teachable.com courses, one-on-one spiritual or life coaching sessions. In the event that you decide you will not utilize your course sessions you forfeit those funds paid to Toshia Shaw.

By signing this form you acknowledge and agree to the Disclaimer and Policies and Procedures set forth in this intake form.

Signature

Date