

Personal History



Date of Initial Consultation:

Name:

Address:

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Tel: Mob:

Email:

Is it okay to call you on this number and/or leave a message on your answer phone or with any member of your household relating to your appointments? Yes ☐ No ☐

DoB: Marital Status:

Next of kin (name, relationship and contact number):

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GP's Name and location:

Occupation:

Reason for Consultation:

Do you have any health conditions?

Are you on any medication?

Do you have any phobias/dislikes?

Have you previously experienced: Hypnotherapy ☐ NLP ☐ EFT ☐ Coaching ☐ Counselling ☐

If yes, please give details:

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Have you experienced complementary medicine? Yes/No

If yes, please give details:

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Do you have any particular hobbies/interests/likes?

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Do you eat regularly? ☐ Snack or graze throughout day ☐ Two meals a day ☐ Three meals a day ☐
Other ☐ Whole foods ☐ Fast food ☐ Veggie ☐ Vegan ☐

Are you currently on a special diet? Yes ☐ No ☐ For what reason?

What do you drink? How many glasses/cups do you drink each day?

Water ☐ tea ☐ coffee ☐ juices ☐ soft drinks ☐ alcohol ☐

What is your expected outcome from this coaching/consultation?

How did you hear about The CoachTrain/Yvonne

I understand that my consultation(s) with Yvonne Snowdon will remain confidential, except in situations where legal statute requires appropriate authorities to be notified (which usually relates to criminal issues or issues of self-harm).

I agree that because people are individual and unique there can be no guarantees or assurances regarding the successful outcome of any treatment. I therefore agree that Yvonne Snowdon accepts no liability in this regard.

I realise that in order to get the best results, I need to work in a collaborative way with my coach with the understanding that she requires my positive input both during and in between coaching sessions.

I agree to pay the session fee at the beginning of each session. I am aware that the fee is £60 for each 50 minutes. Sessions cancelled without 24 hours' notice are liable for payment in full. In the event that I cannot pay the full fee for any reason I agree to discuss this with Yvonne prior to any booked session.

Client signature: Date:

INFORMATION

Yvonne is a Master NLP Practitioner, and EFT Practitioner specialising in Life and Relationship coaching, counselling and training. She uses a range of techniques to help you improve your life and relationships in the most favourable way to you, finding solutions to problems or issues you have already identified or helping you to identify more precisely what the problem is and the best way forward for all parties concerned. Coaching is offered without prejudice or judgement and is totally impartial.

Yvonne Snowdon is a member of:
ANLP - Association for Neuro-Linguistic Programming – www.anlp.org