

iACTcenter

Complimentary Session

Name: _____

Location: _____

Email: _____

Time Zone: _____

Referral: _____

Previous Coaching? _____

Hi _____, I am looking forward to our call today.

What do you need to take away from our call today for our time together to be valuable?

Have you been diagnosed with ADHD?

What are the symptoms that have you reaching out for support?

What are you struggling with right now?

How have you tried to manage your ADHD symptoms in the past?

What outcome would make this coaching relationship a great success in your eyes?

Is there anything else you want me to know?

Next Steps:

I can hear from talking today that _____ is really getting in the way of you making changes and moving forward. If you are willing, I can share the next steps.

We would book a Strategy & Planning Session that is 90 minutes. In that session, we will identify challenges, explore strengths and develop a plan for coaching together.

How does that sound?