



ART OF INTIMACY
NEW CLIENT WELCOME PACKET

I'm so excited about working together as your guide/coach and healer. The following documents are included in the foundation material. Please complete them and send them back or bring them with you to our first session printed out and signed with the start date so we can keep track of our work together.

Sections to complete:





Coaching Agreement
Client's Personal Information
Client Interview
Life Evaluation

Coaching Call Preparation:

The phone number for our coaching calls is:
(415) 388 - 9210



Have fun with this process and call or email me if you have any questions. These forms are required before we begin working together. I look forward to our work together as of (Upon agreement) .



COACHING AGREEMENT CLIENT'S PERSONAL INFORMATION

Client Name: _____

This coaching agreement, between (Theresa Vargo) and the above-named client, will begin on _____

Fee Agreement

Session fees are due monthly or paid in full for three months.

Professional Services to be provided too:

Name: _____

Home Address: _____


Mailing Address (if different from above):

Home Phone: _____

Work Phone: _____

Mobile Phone: _____

Continued



Coaching services can include but are not limited to clarification of values, brainstorming, identifying plans of action, creating new vision/goals, asking clarifying questions, and making empowering requests.

Healer guide is an exploration of energy, intuition, and shadow work.

Client understands the sensitivity of the intimacy exploration and at no time are we entering into a personal relationship. The intention is to offer spiritual growth, emotional well-being, ease and more love in your life.

Confidentiality:

As your coach, I will ask you for personal information about your life. I will hold this information and the content of all coaching sessions, including the Foundation Session information, in the strictest of confidence.

Cancellation Policy:

If you cancel an appointment with less than 24 hours' notice, you are responsible for payment of that session.

Our signatures on the Coaching Agreement indicate full understanding and agreement with the information outlined above.

Client: _____

Theresa Vargo (Guide/Coach/Healer)

Date: _____

Email: _____

Occupation: _____

Employer name: _____

Date of birth: _____

Significant other: _____

Children: _____



CLIENT INTERVIEW



Please take your time in answering the following questions. They are “pondering“ type questions designed to help you focus on the changes you want to make in your life and the new direction you want to pursue. In addition, they will help to define your process and what works and doesn't work for you. This is a journey of discovery. Enjoy.

What is your definition of intimacy?

A large, empty, rounded rectangular box with a gold gradient background, intended for the client's answer to the question about intimacy.

What is your definition of success? And of failure?

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**What do you consider to be your strengths,
talents, and assets?**




What do you see as your life purpose?



What are the guiding principles by which you live your life?





From what internal/personal source do you draw your strength and power? Do you believe in a higher power? What empowers you?



Imagine yourself at the end of your life, reflecting back, what has mattered to you?



What would you most like to change about your life right now?



What do you want from this relationship as your coach/healer?



What are your values?

To discover the complexity of our values, it is productive to create “threads”. Example: Integrity/truth/honesty/trust. Please list below, with the accompanying “threads” 4 or 5 of your values:



LIFE EVALUATION



Career:

What's working? What's not working? Priority to work on? What do you want to accomplish in the next three months?

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Money:

What's working? What's not working? Priority to work on? What do you want to accomplish in the next three months?

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Significant Other:

What's working? What's not working? Priority to work on? What do you want to accomplish in the next three months?



Family & Friends:

What's working? What's not working? Priority to work on? What do you want to accomplish in the next three months?



Health:

What's working? What's not working? Priority to work on? What do you want to accomplish in the next three months?



Physical Environment:

What's working? What's not working? Priority to work on? What do you want to accomplish in the next three months?





Fun & Recreation:

What's working? What's not working? Priority to work on? What do you want to accomplish in the next three months?



Personal Growth:

What's working? What's not working? Priority to work on? What do you want to accomplish in the next three months?

