



## Application for Professional Coaching

Please note that there are three stages to the application:

1. Completion and submission of the application form.
2. Acceptance or decline (with possible referral to alternative coach if desired)
3. Invitation to a 45-minute in-take session to discuss your application and growth objectives in more detail. At the end of this session, both parties can make informed decisions as to whether or not to engage in the coaching process, discuss terms, availability and start dates.

**I will respond to you within 5 business days after receiving your completed application.**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Street Address \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone #: \_\_\_\_\_

### **Qualification Questions:**

1: What brings you to want a coach now?

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✉ 360 Bloomfield Ave, Ste 301, Windsor, CT 06095  
yvonne@mittoandassociates.com

☎ o: 860-607-3253 c: 860-817-0476 💻 mittoandassociates.com





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2: What are the 3-5 main objectives you want to accomplish from the coaching relationship?

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3: Describe the kind of engagement you *think* you need (i.e. what are you looking for from the expertise you want to hire?)

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**Please check your preferred option:**

- Option 1: **1 YEAR** - 24 sessions of one-hour duration taking place every two weeks.
- Option 2: **6 MONTHS** - 12 sessions of one-hour duration taking place every two weeks.

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**If your application is successful, all fees are payable in full 4 weeks in advance of commencement of the coaching program.**

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