P.O.BOX 48841-0100 Nairobi

**Email:** [newlifehealthopinion@gmail.com](mailto:newlifehealthopinion@gmail.com)

[admin@newlifehealthopinion.com](mailto:admin@newlifehealthopinion.com)

newlifehealthopinion.com

**Contact:** (+254)724994066

**Preparation Form for Coaching Call**

**Re: Christian life coaching**

Welcome to new life health opinion life coaching platform (newlifehealthopinion.com)

We offer Christian based life coaching sessions.

**Vision Statement: To inspire and aluminate the lives of those God brings our way**

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

To prepare for your next coaching session, kindly fill out the form below and email at,

newlifehealthopinion@gmail.com or WhatsApp at, +254724994066 the day before our next session.

1. My accomplishments, joys and A-HA’s since our last session:
2. What I didn’t accomplish but want to be held accountable for:
3. My current challenges or struggles and how I dealt with them:
4. For those challenges that still need more work, here are the options or potential solutions I’ve considered:
5. What I want to focus on during our upcoming session:
6. As a result of our coaching conversation, I would like

**The 3Ps**

**Praise:**

Q, What would you praise yourself as the change you have achieved since we met?

**Pressure:**

Q, what pressure are you going through currently and want to work through?

**Plan:**

Please Share your plan on how and what you think you need to do to be better.

What is life coaching

* A life coach is a type of wellness professional who helps people make progress in their lives in order to attain greater fulfillment.
* Life coaches aid in improving relationships, careers, and day-to-day lives.
* By targeting your unique skills and gifts

by

Charles Omollo Owidi

Christian Life Coach

Newlifehealthopinion.com

[Newlifehealthopinion@gmail.com](mailto:Newlifehealthopinion@gmail.com)

+254724994066