Returning Client Check-In

A short form for previous one-to-one coaching clients

> Welcome back. This form helps me understand what support you are looking for now. Please share only what you feel comfortable sharing.
>
> **Completing this form does not confirm a booking.**

1 Your details

Full name

Email address

When did we last work together?

Approximate is fine.

2 What brings you back?

What would you most like support with at the moment?

What would you hope to gain from returning to coaching?

3 Preferred support

Which option are you interested in?

You can select "Not sure yet" and we can discuss suitability together.

- ○ **Reconnect Session** 1 × 60 minutes **£149**
- ○ **Reset & Refocus** 2 × 60 minutes **£279**
- ○ **Renewed Direction** 3 × 60 minutes **£399**
- ○ Not sure yet

4 Anything important to know?

Have your circumstances or support needs changed in a way that may affect coaching?

Optional. There is no need to share details of past experiences.

Are you currently looking for urgent or crisis support?

○ Yes ○ No ○ Prefer to discuss

5 Contact and agreement

Preferred way to discuss next steps

○ Email ○ Brief phone or video check-in

Please confirm both of the following.

☐ I understand that submitting this form is an enquiry, not a confirmed booking, and that the suitability of coaching will be reviewed before sessions are arranged.

☐ I have read the Privacy Notice and understand my information will be used to respond to this enquiry and assess appropriate support.

Signed Date

> Thank you for getting in touch. I will review your enquiry and contact you about suitable next steps. There is no obligation to book.

THE Foundation framework™

Raj Holness | Empower Beyond Coaching | Returning Client Support

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