



*Supporting women in holistic practices to grow their business with integrity*

## Sample Session Form

*Thank you for your interest in my coaching services! I look forward to our complimentary sample coaching session. In preparation for our session please consider these questions:*

What is a current issue you are dealing with that you want some clarity or support for?

Where are you stuck or challenged in reaching your goals?

What would you like to take away from our sample session?

*If something changes and you are not able to make this scheduled appointment, I can be reached by phone to reschedule. Please give 24-hour notice.*

*Best Wishes for Your Success,*

*Valerie Lipstein, Certified Life Coach*

*Inspired Living Now*

*Phone: (509) 466-0377*

*Email: [info@InspiredLivingForYou.com](mailto:info@InspiredLivingForYou.com)*

*[www.InspiredLivingCoachingServices.com](http://www.InspiredLivingCoachingServices.com)*