

HIRSCH HOLISTIC FAMILY MEDICINE

Whole health. Whole body. Whole family.

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INTEGRATIVE HEALTH COACHING WELCOME PACKET

Welcome to Integrative Health Coaching! I'm excited that we will be working together. I look forward to collaborating with you to help you achieve your goals.

Integrative Health coaching is not just about your physical well-being, it is also about you as a whole person: your values, goals, work, balance, fulfillment, and life purpose. Through the coaching process, clients typically reach various goals, improve their performance and enhance their quality of life. We use reporting, exploring, and a consistent commitment to action to move forward. This proactive working relationship will accelerate your progress by providing greater focus and awareness of choice.

Our initial appointment is meant to jumpstart our relationship. During that first appointment we will be designing how we will work together, which will include anything you wish to say about how you want me to coach you, and what tools and structures I bring to the relationship. You will help me gain understanding of who you are, what you wish for in your life, and what I am to hold for you as your health goals.

I've enclosed a few pages of homework for you to complete as part of our intake process. Please return the signed coaching agreement form and the Current & Desired States questionnaire via mail or email prior to our first session. My contact information is listed above. In order to maximize our time together, please spend some time giving the homework careful thought. We will be working with this information in our first session. It is meant to spark your thought process and begin to set the foundation for our work. Please do not hesitate to contact me if you have any questions while filling out the forms.

Again, I look forward to our time together and will assist in any way I can to help you achieve your optimal health and well-being goals.

Warm Regards,

Stacy Hirsch