

24/7 Laser Confidence Coaching

Kathy Di Giacomo

Kathy Di Giacomo
Transformational Coaching & Seminars
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- Kathy is an AMFT Therapist & Confidence Coach with 35 years of experience in counseling & holds Master workshops for adults and children.
- Teaching seminars and groups offline in art & dance expression, & teen-adult bullying & codependency & boundaries in relationships.
- one on one recorded online, or by phone confident coaching for hope empowerment & transformation in self-bullying, codependency, changed thinking & boundaries in relationships.
- Master's degree in psychology

I pray you are loved and empowered in all things

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What is Life coaching??

We work together to move forward and set a personal or professional goal that will give YOU the **life** YOU really want and deserve. Most **life coaching** clients are healthy, successful people who might be a bit stuck or simply want to make a big change in their lives and want the support of their own personal **coach** to move them forward faster.

As a woman/man lifts their head and discovers their identity and steps into their purpose "Its Powerful". I strive to help women/men to succeed in every area of life with boldness and confidence. To realize they have all they need inside of them. To empower Woman/men to make space for what they are believing and expecting for their future.

I help to empower successful minded motivated wounded women/men to recover from co-dependency & life-setbacks, to gain new confidence, using self-care, boundaries and changed thinking. We work together in individual and group coaching. The

methods used to heal the inner child shifts women to recognize their value to create HEALTHY BOUNDARIES, better SELF ESTEEM, inner peace, love, and happiness.

Your Life

1. **How fulfilled** are you with the choices you've made in the last 6 months? _____
On a scale of 1-10 (10 high & 1 low)

2. **Complete the following:**

-My deepest aspiration is . . . _____

-My greatest strength, gift or talent is . . . _____

-My greatest weakness is . . . _____

-What I enjoy doing most is . . . _____

-What holds me back is _____

3. **What concerns do you have about your life?**

4. **How balanced is your life now?** _____ (scale of 1-10/10 high), **How satisfied are you with:**

a. Spiritual life _____

b. Health _____

c. Relationships _____

d. Career _____

e. Lifestyle. _____

f. Self love _____

Boundaries _____

5. **How much stress** (scale 1-10) **is in your life right now?** _____

6. **What causes you stress?** _____

7. List a goal you want to achieve over the next 12 months.

8. Where do you get in the way of achieving this goal? _____

9. What are the biggest changes you want to make over the next 3 months?

10. What needs your immediate attention? _____

11. What is currently consuming your time that you wish you could eliminate?

Coaching

1. What I most desire to gain from coaching is? _____

2. What I most desire from my coach is? _____

3. What would you like from your coach during your sessions: score on a scale of 1-10 where 1 is not at all important and 10 is extremely important:

- Gaining clarity of who I am, (purpose, value, focus etc.) _____
- Gaining clarity on my Life (future vision, expectations) _____
- Gaining clarity on my core values, desires, goals _____
- Exploring and understanding what is holding me back _____
- Providing encouragement and support _____
- Helping to identify action, strategies and next steps _____

- Providing honest and direct feedback and insights _____
- Accountability _____

Commitment

Please write 3-7 sentences sharing how committed you are to the coaching process. Why is it absolutely essential for you right now? How strongly do you feel about completing a year of coaching? What will you do when or if you feel tempted to stop mid-stream?

If you agree to the core values represented in confidence coaching, please sign and date below

I understand I am receiving 2/7 Laser Confidence Coaching

Print name _____ Sign: _____

If you are not already would you like to receive my Sunday newsletter with tips, and strategies for a successful life you will love?

You will receive my free E-books on “The 4 Keys That Can Change Your Life!”. 4 easy steps to achieve purpose, passion & freedom by changing your thinking to create a life you love! **FREE** Guide to Boundaries in abusive or codependent relationships. Healthy boundaries prevent you from giving advice, blaming or accepting blame.

Yes _____ **No** _____ **If Yes please print your email address here**
