

Your Body Your Guru

Private Coaching Application

Congratulations for taking the step to experience success in all areas of your life. Yes, you can be it all, do it all and have it all. Please print out this application and carefully answer the questions. I am very selective about who I work with in the private coaching setting. While space availability is a factor, the most important factors are whether we are a good fit and whether you are ready to take a significant leap forward in your life.

Please fax in the completed application to 772-225-6152 and someone will be contacting you within 2 weeks. Thank you for taking this important step in realizing your dream!

Section 1: Personal Information

Name _____

Company Name (if applicable) _____

Website (if applicable) _____

Street Address _____

Best phone number to reach you _____

Email _____

Section 2: About you

What is your biggest goal for your life in the next 12 months?

If you achieve that goal, what will your life look like? What will change? What will remain the same?

What is the biggest obstacle you are dealing with right now?

What is your biggest success you have achieved to date?

Have you ever worked with a coach before? _____ yes _____no

If yes, briefly describe the experience and the outcome:

What do you hope to achieve by working with Mary Kay one-on-one?

Briefly describe why you are a great candidate for this program:

Section 3: About the program

The *Your Body Your Guru* private coaching program is a twelve week program that includes one full hour of coaching over the phone each week. Please give 24 hours notice if you must change your appointment time or risk losing that hour.

Please indicate your day and time preference (check all that apply)

Mon Tues Wed Thu Fri

Morning Afternoon Evening

My time zone is: _____

Once payment has been received, your time will be confirmed. In the event Mary Kay needs to cancel, she will provide 24 hours notice.

In addition to the 12 weeks of one-on-one coaching, each private coaching participant will receive at no additional cost a one year's subscription to the *Your Body Your Guru* Platinum Coaching Circle including free access to audio and video downloads, free access to teleconference calls with inspiring authors, experts and leaders in the areas of personal growth, fitness, business and income acceleration to name a few. You'll also access to one-on-one coaching during Mary Kay's designated Platinum Circle Member hour and much more. The Platinum Circle officially begins 01/2009!

While it would be impossible to *guarantee* results since so much of the process depends upon you (that's why I'm so selective!), the following is a list of typical results that you will likely experience as a result of your commitment to coaching.

- ✓ Moving your business, your body and your life well beyond anything you've ever experienced before

- ✓ Less compartmentalization and more harmony in the currently competing areas of your life
- ✓ Greater clarity of vision
- ✓ Greater connection to your purpose and the Higher Power that drives it
- ✓ Days filled with more passion and excitement and less stress and overwhelm
- ✓ Increased trust in yourself and your ability to make the right and perfect decision
- ✓ Easier, more harmonious relationships
- ✓ Greater time freedom

How soon can you expect to realize these results? Perhaps as soon as the first session. The more willing you are to dive in, to ride your edge of comfort and safety into the unknown, to focus and to believe in yourself and your amazing dream, the faster you will move forward to making your dream your daily reality.

The coaching relationship is a sacred one. We will be doing deeply personal work. My commitment is to uphold and honor you and all your concerns with the highest degree of integrity and confidentiality. You are a spark of the Divine. You already hold all the answers within you. My job is to assist you in the discovery of the truth of who you really are. What an exciting journey!